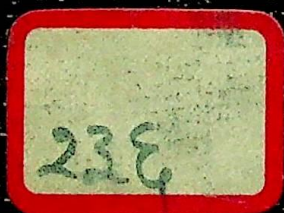


THERAPEUTIC GUIDE G.K.V.



गुरुकुल कांगड़ी विश्वविद्यालय
कृपया पुस्तक के ऊपर कोई निशान आदि
न लगायें।

पुस्तकालय

गुरुकुल कांगड़ी विश्वविद्यालय, हरिद्वार

वर्ग संख्या

आगत संख्या..... ..

पुस्तक विवरण की तिथि नीचे अंकित है। इस तिथि सहित ३० वें दिन यह पुस्तक पुस्तकालय में वापस आ जानी चाहिए। अन्यथा ५० पैसे प्रति दिन के हिसाब से विलम्ब दण्ड लगेगा।

yogi

**THERAPEUTIC
GUIDE
TO
THE SPECIAL
PRODUCTS
OF**

**YOGI
PHARMACY**

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HARDWAR (India) 249404

Removes the dizziness
away leukoplex keeps
you healthy & gay.



Leucoplex
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DALAL ART



Yogi Pharmacy

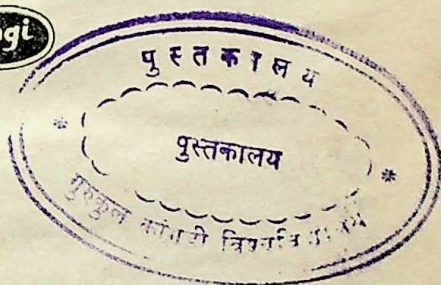
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LAKSAR ROAD, P. O. GURUKUL KANGRI, HARDWAR, (INDIA) Gram : YOGI

THERAPEUTIC GUIDE
To
THE SPECIAL PRODUCTS
Of
YOGI PHARMACY

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वैद्य धर्मदत्त
स्मृति संग्रह



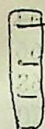
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YOGI PHARMACY

AN INTRODUCTION

With the advent of human life on earth, came the diseases which in their turn gave birth to the evolution of the Science of Medicine, an applied branch of the wider discipline of the Life Sciences. In India, the history of Medical Science can be traced back to the obscure and expansive horizon of the distant past. We are proud of the Life Sciences concerned with health and longevity contained in our most ancient scriptures, the Vedas. The Rigveda and the Atharvaveda make a mention of numerous herbs for the treatment of a number of diseases. Written about one thousand years before Christ the Charaka Samhita contains a realistic and clear description of the multipronged therapeutics of Ayurveda or the knowledge of longevity which is certainly a result of the intuitive, painstaking, sincere and honest researches of the Rishis or learned sages of those days. The treatment prescribed in the sacred text of Ayurveda does not merely superficially cure the symptoms of the diseases but strikes deep at the very root of the diseases. Ayurvedic medicines treat the body constitutionally and have no adverse or unhealthy side effects. The philosophical background of Ayurveda is that of the systems of sound Ancient Indian Philosophy which deal with the good of mankind as a whole. Many of the Ayurvedic medicines have, with suitable modifications, found a ready reception in the modern systems of medicine.

Entirely scientific as it is, the herbal therapeutics of Ayurveda has done a great good to mankind. It is with this faith that the Yogi Pharmacy in 1960 took a step forward in the field of research and standardisation of herbal medicines resulting in the manufacture of effective compounds and combinations from a number of effective Ayurvedic and Unani herbs and medicines according to the modern manufacturing

techniques. It is in this way that the Yogi Pharmacy presents the results of a useful coordination between modern scientific technology on the one hand and the ancient Ayurvedic and Unani systems of medicine on the other.

Herbal therapeutics has its own specialities as follows :—

1. It is a vivid presentation of the health-giving powers of Nature, fully harnessed in the treatment of diseases.
2. It strikes at the very root of the diseases.
3. It has no bad after-effects so commonly seen in the use of medicines artificially prepared by chemical processes.
4. The effect, though slow, persists throughout life.
5. It imparts great immunity to the patients.

The herbal combinations presented by the Yogi Pharmacy are those prepared from special medicinal plants, the knowledge of which has come to us from our ancestors as a cultural and wholly scientific inheritance. The expert scientists of the Yogi Pharmacy personally supervise the collection of medicinal plants in mass from their very source in the Himalayas. These are the plants used by the Yogi Pharmacy in the preparations of various compounds and combinations according to the modern manufacturing techniques. The Yogi Pharmacy also takes pleasure in supplying these plants to other therapists and pharmaceutical concerns who stand in need of them.

The most useful and best-selling preparations of the Yogi Pharmacy are :—

ARSHINA, GASANTAK, LEUCOPLEX, RENONE, SEXOTEX, YOGI RASAYAN, SHAKTIVIKAS, etc.

The following products of the Yogi Pharmacy have been included in "Herbal Drugs in Indian Pharmaceutical Industry", 1979, compiled by S.L. Kapoor and R. Mitra and published by Economic Botany Information Service, National Botanical Research Institute, Lucknow :—

Arshina, Ayurvedic Chay, Balamrit, Vasant Kusumakar Ras, Chyavanprash, Dant Shodhak, Gasantak, Kafsin, Keshala

Powder, Leucoplex, Rechni, Rog Nashak, Sexotex, Shahi Chooran, Shakti Vikas, Shodha, Shugrol, Surma, Taskine Kalpa, Veetaplex.

The manufacturing methods for these presentations have been constantly improving according to experience and research; consequently their efficacy has given greater and greater satisfaction to our patrons.

The reputation and appreciation received by us from our customers, medical men and patients, as well as guidance given to us by experts and the blessings showered upon us by saints have prompted us to bring about constant improvements in the quality and standard of our productions even in these days of keen business competition. The Yogi Pharmacy happens to be one of the two hundred units selected out of 32000 by the Government of India for supplying data for the Production Index (vide Govt. of India, Ministry of Industrial and Civil Supplies SIS Institute, Kanpur, letter No. 76(17)/A/76 Census. The State Governments of U.P., Delhi, M.P., Andhra Pradesh and Himachal Pradesh purchase the productions of the Yogi Pharmacy for their State Hospitals in "A" grade reliability.

The rapid and successful expansion of our work during the last few years has resulted in the establishment of the following Departments and Divisions in our Concern :

Manufacturing Unit

The Yogi Pharmacy is at present manufacturing about 350 Ayurvedic and Unani medicines according to the prescriptions of the Ancient Texts under the supervision of highly qualified and experienced experts. The tablets produced are sugar-coated to protect them from the atmospheric effect and also to make them suit the palate. Mechanised manufacturing processes have been made use of as far as possible to avoid unhygienic hand-processing. Purity and standard are well kept in view.

Research Section

Analytical and prognostic study of the ancient medicines in the perspective of modern research methodology is the first approach of our Research Section. For this purpose our scientists go far off in the Himalayas and Nepal to find out different

herbs and drugs in consultation with local indigenous therapists and villagers. Rare specimens are preserved in our Museum. At the same time, mutual exchange of researches and views is made with the Ayurvedic and Unani research department of the Government of India as well as of the State Governments. The information received from them adds to the quality and standard of our production.

Publications Division

The Yogi Pharmacy is at present publishing a quarterly 'Journal of Scientific Research in PLANTS AND MEDICINES' and a monthly magazine cum news-letter "HITAYU". One more research journal to cover a wider field is shortly going to be started. All these publications are meant to bring before the public the results of researches going on in our Concern as well as encourage research workers outside to send their work for publication. The Yogi Pharmacy provides all possible incentives, help and guidance to the promising research workers.

Here it will not be out of place to mention that we provide our medicines free of cost and we also give suitable financial aid to those medical men who are anxious to make clinical trials on our medicines in their practice, clinics, or in their hospitals. We expect from them that the results of their findings would be made available to us for publication in our research journals.

Our Division of Research and Publications is in the safe hands of competent and learned staff with an inherent research aptitude, experience and publications to their credit. It is to our privilege and profit that very recently we have been able to avail of the whole-time services of Dr. C.S. Gupta, M.Sc., Ph.D. who had been the Founder Head of the Biology Department, Biological Museum, Aquarium and Botanical Garden of the Gurukul Kangri Ayurvedic College, Haridwar for about 18 years and later the Founder Head of the Zoology Department of the Gurukul Kangri Vishwavidyalaya, Haridwar for the next 18 years of his teaching, research and publication career. He is being assisted by Dr. Arun Kumar Manav, M.Sc., Ph.D. (Organic Chemistry), a young budding scientist of promising capabilities.

Herbal Supply Section

Due to our privilege of being very close to the Himalayas we procure and supply on a wholesale basis all sorts of genuine herbs, drugs and raw materials on competitive prices to different pharmaceutical concerns, government agencies, hospitals and therapists inside and outside India.

Export Section

With a view to give relief to the suffering humanity, the Yogi Pharmacy is popularising the Ayurvedic medicines throughout the world. The continuous incentive and encouragement received from the Government of India has prompted us to enter the "Export Market" for our products with great success and prospects.

Therapeutic Section

The Yogi Pharmacy runs a charitable dispensary to provide free treatment to the public with the Ayurvedic and Unani medicines manufactured by it. The poor patients are also provided with suitable free food without which these medicines cannot be fully effective. A major part of our earnings is spent in charity.

Dr. Vijay Shastri,
General Manager,

YOGI PHARMACY,
P. & T.O. GURUKUL KANGRI-249404
Laksar Road, Hardwar, U.P., INDIA

March 5, 1980

Phone : 208

WE PRAY TO THE ALMIGHTY THAT
HE MAY GIVE US STRENGTH TO
SERVE THE SUFFERING HUMANITY
WITH ALL OUR MIGHT AND MATERIAL



AKARKARADI CHOORNA

Presentation — Powder

A unique tooth powder for the health of gums and teeth.

COMPOSITION :

<i>Pistacia lentiscus</i> (Rumi mastiki)—Resin	2.50%
<i>Thymol</i> (Yavani sattva)	2.50%
Alum (Sphatic pushpa)	5.50%
<i>Quercus infectoria</i> (Majuphal)—Galls	5.50%
<i>Syzygium aromaticum</i> (Lavanga)—Dried flower buds	5.50%
<i>Piper cubeba</i> (Sitalchini) Dried fruits called cubebs	5.00%
<i>Anacyclus pyrethrum</i> (Akarakara)—Root	41.00%
Rock salt (Saindhava)	20.00%
<i>Camphor</i> (K Kapoor)	2.50%
<i>Curcuma longa</i> (Haridra)—Rhizome	2.50%
<i>Zingiber officinale</i> (Sonth)—Dried rhizome	2.50%
<i>Piper longum</i> (Pippali)—Dried fruit	2.50%
<i>Piper nigrum</i> (Kali mirch)—Dried fruit	2.50%

INDICATIONS :

Pyorrhoea ; blood and pus from the gums ; toothache, foul smell from the mouth ; shaky teeth ; other dental and gum disorders.

DIRECTIONS FOR USE :

Massage the gums and teeth with brush using Akar-karadi choorna twice daily, morning and evening. Use warm water for rinsing the mouth. Rinse after five minutes of the massage.

PACKINGS :

Bottles of 50 gm, 100 gm and 500 gm.



AMALAKI RASAYAN

Presentation — Powder

One of the Ayurvedic medicines for increasing longevity, strength and vitality.

COMPOSITION :

Emblica officinalis (Amla) — Dried fruit powder 100%

Processed by soaking in the juice of fresh fruit of *Emblica officinalis* and dried ; the whole process repeated 101 times.

INDICATIONS :

All the disorders of the digestive system, acidity, deficiency of calcium, iron and vitamin C, diseases of hair, seminal disorders.

Amalaki Rasayan improves eyesight, checks abortion, strengthens heart and brain. Taken regularly during pregnancy, this medicine keeps the mother and the foetus healthy and free from diseases. It can usefully be taken by children and adults, young and old of all ages and in all seasons.

DIRECTIONS FOR USE :

1 to 3 gm to be taken with milk twice a day. In digestive disorders this medicine should be taken with water or buttermilk after meals.

Avoid chillies, oily, acidic and sour foods.

It will add to the efficacy of the drug if in digestive disorders 'YOGI GASANTAK' is also used alongwith.

PACKINGS :

Bottles of 50 gm and 100 gm.



ARSHINA

Presentation — Tablets and Ointment (each tablet 330 mg.)

An Ayurvedic remedy for piles and fistula without surgery.

COMPOSITION :**TABLETS**

<i>Berberis aristata</i> (Daru haridra)—Concentrated extract of roots	32.05%
<i>Azadirachta indica</i> (Neem)—Fruit extract	16.05%
<i>Melia azedarach</i> (Mahaneem)—Fruit extract	16.50%
<i>Mesua ferrea</i> (Nagkesar)—Extract of flowers	5.00%
<i>Pinus succinifera</i> (Kaharba)—Resin	6.15%
Pyrites of iron and copper (Swarna makshik) Bhasma	5.00%
<i>Lodoicea maldivica</i> (Dariya ka nariyal)—Fruit extract	1.25%
<i>Sapindus mukorossi</i> (Arishtak twak)—Fruit shell	2.50%
<i>Commiphora mukul</i> (Shudh guggulu)—Purified gum resin	15.50 %

Processed though the juices and decoctions of :
Pongamia glabra (karanja), *Terminalia chebula* (haritaki),
Terminalia belerica (bahera), *Emblica officinalis* (amla),
Raphanus sativas (moolaka), *Amorphophallus campanulatus*
 tuber (suran kand), *Leea aequata* (kakajangha), and
Mallotus philippinensis (kampil).

OINTMENT

<i>Vitex negundo</i> (Nirgundi)—Juice from fresh leaves	3.50%
<i>Azadirachta indica</i> (Neem)—Fruit pulp and oil	25.00%
Mahamarichyadi oil—see Ayurveda Sar Samgraha	10.00%
<i>Mallotus philippinensis</i> (Kampil)—Glands and hairs on the fruit	2.00%
<i>Sesamum indicum</i> (Til)—Oil from seeds	10.00%



<i>Camphor</i> (K Kapoor)	6.00%
Kashisadi oil—see Bhaishajya Ratnavali	25.00%
Beeswax (Makshika sikth)	7.00%
<i>Bos bubalus</i> urine (Mahishi mootra)	2.50%
Black sulphide of mercury (Kajjali)	2.00%
Purified realgar (Shuddh manashila)	2.00%
<i>Cannabis sativa</i> (Vijaya)—Juice from fresh leaves	5.00%

INDICATIONS :

TABLETS

External and internal piles, both haemorrhagic and non-haemorrhagic ; fistula-in-ano : puritus ani ; chronic constipation : high blood pressure.

OINTMENT

Piles : fistula ; fissures : pain : itching : swelling : bleeding ; eczema : ringworm : pimples ; cuts ; burns ; and other skin diseases.

Arshina ointment is an Ayurvedic antiseptic ointment for skin diseases. It quickly repairs damaged tissue. Its application to the anal passage immediately smoothens it.

DIRECTIONS FOR USE :

TABLETS

One to two tablets to be administered orally thrice daily with cow's milk or curd or with fresh water or fruit juice.

Take radish (mooli), spinach (palak), buttermilk, butter, lemon, zaminkand (*Amorphophallus campanulatus* tubers), ispaghula or spogel seed shells (isaphgul ki bhoosi).

Avoid chillies, strong spicy and oily preparations, pickles, tamarind (imli) in food. Avoid cycling.



OINTMENT

For piles, fistula-in-ano and puritus ani apply the Arshina ointment, with nozzle of the tube provided with the tube, in the anal region in the morning and at night before going to bed.

For eczema, ringworm, pimples, cuts, and burns apply the Arshina ointment on the effected area twice a day. Avoid soap on that area.

Note : Relief is faster when treatment by tablets and ointment is combined.

PACKINGS :

Stips of 10 tablets each and bottles of 30,100 and 500 tablets. Ointment in collapsible tubes (with nozzles) of 15 gm. each.

CLINICAL TRIALS :

I

Arshina was tried on twelve patients. Eight patients in the first and second stages were completely cured, but two patients of the third stage got only partial relief. Bleeding in one patient could not be stopped even after the treatment of about a week. In my opinion Arshina deserves a proper place in the treatment of piles.

(Sd.) Dr. R.P. Daudiyal, B.I.M.S., H.P.A.

Medical Officer,
Government Hospital, Jogendar Nagar (Himachal Pradesh).

Dated : 6-12-75.



II

Jour. Sci. Res. Pl. Med., Gurukul Kangri, Haridwar, India
Vol. 1., No. 1, Page 73, 1979

ARSHINA PILLS AND ARSHINA OINTMENT

AS A COMPLETE CURE OF ARSH (HAEMORRHOIDS) : CLINICAL TRIAL ON THE PATIENTS

Dr. Vinod P. Upadhyay, B.Sc., B.A.M.S. (Ayurvedacharya), N.D.
Lecturer, Bheshaj Kalpana, (Ayurvedic Pharmacology)
Govt. Ayurvedic College, Gurukula Kangri,
Haridwar India

Introduction

Arsha (Haemorrhoids) has afflicted man since antiquity. It is a common ailment after the age of 30 years among those habitual of rich diet. Heredity also plays an important part in the aetogenesis of haemorrhoids.

Prominence of the haemorrhoidal blood vessels have long been suggested to be the result of the erect posture mostly adopted by many people. The causative factors may be : chronic constipation, persistent irritation of the anal canal, infection, sedentary life, tight clothes, atony of the sphincter, obesity, portal obstruction, frequent use of enema and heredity.

Surgery of haemorrhoids is dreaded because of pain, adverse site, and trouble in defaecation after surgery, as well as a 'marma-sthan' (very sensitive place), where drastic surgery is contra-indicated by the ancient sages in the books of Ayurveda, unless otherwise specifically indicated.

Materials and Methods

Yogi Pharmacy, Haridwar, the manufacturers of a number of highly effective proprietary preparations, offered for this



study their products—Arshina tablets and Arshina ointment, a successful conservative treatment for piles based on herbs. Fifty cases of internal piles with varying degree of haemorrhoids were selected in the present study. Patients were divided into three groups according to the degree of piles. The diagnosis was confirmed by modern proctoscopic examination and Ayurvedic methods. The subsidence of the bleeding, pain, itching, constipation and reduction in the size of piles mass was evaluated as improvement from the treatment.

Every patient was given Arshina tablets, 2 tablets *t. d.* for three weeks followed by 2 tablets *b. d.* for 6 weeks. The concurrent application of Arshina ointment prior to and after each defaecation and at bed time was prescribed with cow's milk or curd water. Radish, spinach, *i.e.*, vegetables rich in roughage were advised, while chillies, tamarind and violent hard work as well as cycling were restricted.

Observations and Discussion

The study consisted of 40 male and 10 female patients, the majority of them being in the age group of 25-45 years (Table I). Thirtytwo cases had first degree, thirteen had second degree and five had third degree piles.

TABLE I

Showing the age and sex of the patients under study

Age Group	No. of Cases	
	Male	Female
25—35 years	13	3
36—45 ..	14	5
46—55 ..	7	2
56—65 ..	6	Nil
Total	40	10



TABLE II

Showing the degree of piles in the treated cases

<i>Degree</i>	<i>No. of Cases</i>	<i>Percentage</i>
First degree	32	64%
Second ,,	13	26%
Third ,,	5	10%

Three patients had associated complaint, fistula in ano ; they responded well to the treatment.

Out of the fifty cases, forty patients had bleeding per rectum. There was considerable decrease in bleeding in the first week in all cases; at the end of second week, there was complete subsidence of bleeding, because of the antiphlebitic, vaso-constrictor and cauterising local and systemic effect of ingredients. Pain was also persistent in a large number of cases (47), which was reduced considerably by the local effect of Arshina ointment because it contains camphor, Vijaya Swaras and Nirgundi Swaras, the herbs well known for their *Vednasthapan* (analgesic) properties.

Itching and choking sensation in the piles mass or anal region was a prominent problem in 13 cases, which was relieved either in the first week of treatment or second week.

Constipation was itself removed when the ingredients of the Arshina tablets helped to improve the *Agnimandya* (Dyspepsia) present as chronic problem in 17 cases.

Regarding the size of the piles mass, in the first and second degree cases, there was complete disappearance of the mass in 45 cases. In the 3rd degree piles there was not much improvement and they were advised to go for *Kshar karma*.



No Adverse Reaction

No adverse reaction was noted even in a single patient. The patients co-operated well to the treatment for a long duration.

Conclusion

Arshina tablets and Arshina ointment, when used concurrently, have an over-all effect on the symptoms of haemorrhoids, and a complete cure without surgical interference is achieved ; no history of relapse was noted. Thus the combination has a definite place in the treatment of haemorrhoids. The therapy is safe, economical and free from complications.

Acknowledgments

Author records his sincere thanks to Dr. K.S. Sharma, Incharge Vanprastha Hospital, Jwalapur, for his help during the course of work and Dr. N.P. Singh, Principal, Govt. Ayurvedic College, Gurukul Kanrgi, for providing facilities to conduct the work. Thanks are also due to Dr. Vijay Shastri, General Manager, Yogi Pharmacy, Hardwar, for providing the medicines used in the study.

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BABYBONE (Bal Ghutti)

Presentation — Syrup

For a healthy start to new-born babies.

COMPOSITION :

<i>Pimpinella anisum</i> (Shatapushpa)—Fruit	5.00%
<i>Viola odorata</i> flowers (Gul-banafshah)	5.00%
<i>Adhatoda vasica</i> (Bansa)—Whole plant	5.00%
<i>Cassia fistula</i> (Amaltas)—Fruit pulp	20.00%
Balchaturbhadra—see the appendix	20.00%
Sucrose (Sharkara)	45.00%

INDICATIONS :

Digestive disorders, constipation, abdominal colic, spasm, vomiting, teething troubles.

Babybone adds to the vitality and weight of the children and also gives them resistance against diseases.

DIRECTIONS FOR USE :

To be administered thrice daily. A single dose is as follows :

Child	3 months to six months—10 to 15 drops
	6 months to 1 year—15 to 30 drops
	1 year to 3 years—1 to 2 teaspoonful

PACKINGS :

Bottles of 50 ml.



BALAMRIT

Presentation — Syrup

An ideal presentation for health and vitality of the new-born babies and of the young children.

COMPOSITION :

<i>Crocus sativus</i> (Kesar)—Dried stigmas and tops of the styles	0.50%
Balchaturbhadra—see the appendix	9.00%
Chaturjatak—see the appendix	10.00%
<i>Onosma bracteatum</i> (Gaozaban)—Plant extract	10.00%
<i>Glycyrrhiza glabra</i> (Mulhatti)—Root extract	3.50%
<i>Adhatoda vasica</i> (Bansa)—Whole plant	3.50%
<i>Nymphaea stellata</i> (Nilofar)—Distilled extract of flowers	2.50%
<i>Santalum album</i> (Chandan)—Wood	2.50%
<i>Anethum sova</i> (Soya)—Seeds	3.50%
Sucrose (Sharkara)	55.00%
Permitted colours	

INDICATIONS :

General debility in children, dyspepsia, constipation, vomiting, cold and cough, rickets, pellagra, fever, and spleen ailments.

Balamrit is remarkable for its balanced combination of Himalayan herbs, fruit juices and mild chemicals to act as a substitute for mother's milk and to provide extra vitamins, herbal calcium and iron for the infants to resist teething ailments. It is an ideal tonic for happy and healthy child growth. It is a safe syrup devoid of any poisonous ingredients like chloroform, opium or any other sleep-producing medicines. There are no bad side effects.



DIRECTIONS FOR USE :

To be administered thrice daily. A single dose is as follows :—

Child : 3 to 6 months—10 to 15 drops

6 months to 1 year—15 to 20 drops

1 year to 3 years—1 teaspoonful

3 years to 5 years—2 teaspoonfuls

Keep the bottle at a cool and dry place. Prevent the child from clay-eating habit. If the child has already gone into the habit of eating clay, give LIVOCIN alongwith Balamrit. Use of Yogi TASKINE KALPA alongwith Balamrit will go a long way ahead to add to the efficacy of Balamrit.

PACKINGS :

Bottles of 100 ml and 500 ml.



CHYAVANPRASH (with Ashtavarga)

Presentation — Avaleh i.e. an Ayurvedic preparation of jam-like consistency

The most ancient tonic of the world, giving a new life, health, vitality and longevity to all in all seasons.

COMPOSITION :

<i>Emblica officinalis</i> (Amla)—Fruit	30.00%
Sucrose (Sharkara)	30.00%
Ashtavarga—see appendix	5.16%
Pure clarified butter (Shuddh Ghrita)	4.00%
Pure sesamum oil (Shuddh til tail)	4.00%
Honey (Madhu)	3.75%
Dashmool—see appendix	6.30%
Bamboo manna (Banslochan)	2.50%
<i>Piper longum</i> (Pippali)—Dried fruit	1.20%
<i>Desmotrichum fimbriatum</i> (Jivanti)—Whole plant	0.60%
<i>Mesua ferrea</i> (Nagkesar)—Flowers	0.12%
<i>Ipomoea paniculata</i> (Vidarikand)—Root	0.60%
<i>Elettaria cardamomum</i> (Sukshma ela)—Seeds	0.70%
<i>Vitis vinifera</i> (Draksha)—Dried fruits	0.60%
<i>Pistacia integerrima</i> (Kakrasingi)—Galls	0.60%
<i>Costus speciosus</i> (Pushkaramula)—Root	0.60%
<i>Cinnamomum zeylanicum</i> (Dalchini)—Stem bark	0.12%
<i>Boerhaavia diffusa</i> (Santhi)—Root	0.60%
<i>Cyperus rotundus</i> (Mustaka)—Tubers	0.60%
<i>Martynia diandra</i> (Kakanasa)—Fruit	0.60%
<i>Phaseolus trilobus</i> (Mudgaparni)	0.60%
<i>Teramnus labialis</i> (Mashaparni)	0.60%
<i>Tacca aspera</i> (Varahikand)—Tubers	0.60%
<i>Nelumbo nucifera</i> (Kamala)—Flowers	0.60%
<i>Aquilaria agallocha</i> (Agaru)—Wood	0.60%
<i>Pterocarpus santalinus</i> (Raktachandana)—Wood	0.60%
<i>Withania somnifera</i> (Ashvagandha)—Roots	0.60%



<i>Cinnamomum tamala</i> (Tejpatra)—Leaves	0.15%
<i>Adhatoda vasica</i> (Vasa)—Root	0.60%
<i>Phyllanthus niruri</i> (Bhumyamalki)—Whole plant	0.60%
<i>Tinospora cordifolia</i> (Guduchi)—Whole plant	0.60%
<i>Terminalia chebula</i> (Haritaki)—Dried fruit	0.60%
<i>Sida cordifolia</i> (Bala)—Whole plant	0.60%

INDICATIONS :

Disintegration of body tissues ; all the disorders of the respiratory system, such as chronic cough, asthma, consumption and hoarseness ; obstructive metabolism due to deficiency of natural vitamins, proteins and mineral salts, old age debility, and loss of resistance against diseases ; cardiac weakness ; anaemia ; loss of memory ; indigestion.

Chyavanprash is a time-honoured Ayurvedic tonic, bringing fresh youth by building up of new tissues and checking the formation of worn-out tissues due to old age. The continued use of Chyavanprash for several months is a sure remedy against all the respiratory diseases. It has a healthy effect on all chemical processes of the body physiology. It gives to the body great resistance against diseases, specially of the old age. Chyavanprash is an all season tonic for children and adults, players and sportsmen.

DIRECTIONS FOR USE :

One teaspoonful (about 10 gm) of Chyavanprash to be taken with milk or Yogi chay (q.v.) twice daily, morning and evening, continuing for six months. For children this dose may be reduced to half.

Chillies and strongly spicy food should be avoided.

PACKINGS :

Bottles of 1 kg, 500 gm, and 250 gm.



DANT SHODHAK

Presentation — Powder

An ideal antiseptic tooth powder.

COMPOSITION :

<i>Pistacia lentisus</i> (Rumi masitiki)—Resin	1.50%
<i>Anacyclus pyrethrum</i> (Akarakara)—Root	4.50%
Trikatu—see appendix	6.00%
Thymol (Yavani satva)	3.50%
Camphor (K Kapoor Bhimseni)	2.00%
Red ochre (Swarna gairik)	8.00%
<i>Azadirachta indica</i> (Neem)—Internal part of stem bark	5.50%
Alum (Sphatic pushpa)	5.50%
<i>Quercus infectoria</i> (Majuphal)—Galls	7.50%
<i>Jugulans regia</i> (Akhrot)—Stem bark	5.50%
<i>Acacia arabica</i> (Babul)—Stem bark	5.50%
<i>Zanthoxylum alatum</i> (Tejbal)—Fruit	26.00%
Rock salt (Saindhava)	5.50%
Triphala—see appendix	6.00%
<i>Sepia officinalis</i> (Samudra jhag or cuttlefish bone)—Internal skeleton	7.50%

INDICATIONS :

Pyorrhoea, spongy gums, bleeding gums, shaky and carious teeth, foul smell in the mouth, distasteful tongue, toothache, yellow teeth.

An unmatched Ayurvedic tooth powder which at once stops blood from the gums and teeth, immediately gives relief in toothache and brings pearly white lustre to the teeth.

DIRECTIONS FOR USE :

Massage the teeth and gums morning and evening with brush using Dant Shodhak powder. Rinse the mouth with warm water.

PACKINGS : Bottles of 50 gm and 100 gm.



GASANTAK

04691

Presentation — Powder and Tablets (each tablet 550 gm)

An Ayurvedic preparation with carminative ingredients to expel wind and to stop formation of wind, acidity and ulcers.

COMPOSITION :	
Sodium bicarbonate (Sarjika sattva)	60.00%
<i>Mentha arvensis</i> (Podina satva)—Essential oil	3.00%
<i>Xanclus pyrum</i> (Shankha)—Conch shell ash (Shankha bhasma)	5.00%
Iron oxide (Loha bhasma)	5.00%

<i>Cinnamomum malabathrum</i> (Tilak)—Kshar of the whole plant	2.00%
<i>Cypraea moneta</i> (Vartika bhasma)—Shell ash	5.00%
<i>Citrus aurantium</i> (Orange)—Dried peel powder	5.00%
<i>Plumbago zeylanica</i> (Chitraka)—Kshar of the whole plant	2.00%
<i>Myristica fragrans</i> (Jatiphal)—Kshar of fruit	9.00%
<i>Moringa oleifera</i> (Shobhanjana)—Kshar of stem bark	2.00%

Processed in the decoctions and fresh juices of :

<i>Emblia officinalis</i> (Amalaki)	q.s.
<i>Pimpinella anisum</i> (Shatapushpa)	q.s.

INDICATIONS :

Gastritis, nausea, vomiting, flatulence, constipation, gastro-intestinal distress, anorexia, liver disorders.

DIRECTIONS FOR USE :

Powder : 1-2 gm to be taken twice or thrice a day with water or fruit juice.

Tablets : 1-2 tablets to be taken twice a day with water or fruit juice.

PACKINGS :

Powder : Bottles of 50 gm, 100 gm and 1 kg.

Tablets : Strips of 10 tablets each, and bottles of 30, 100 and 500 tablets.



JARYAN

Presentation — Powder and Tablets (each tablet 330 mg)

An effective Ayurvedic remedy for all sexual disorders and debility.

COMPOSITION :

<i>Orchis mascula</i> (Salabmisri)—Tubers	10.00%
<i>Asparagus adscendens</i> (Safed musli)—Tuberous roots	10.00%
<i>Acacia arabica</i> (Babul)—Gum	10.00%
<i>Piper cubeba</i> (Sitalchini)—Dried fruits	10.00%
<i>Smilax glabra</i> (Chobchini)—Root	10.00%
Tin calcined (Bang bhasma)	10.00%
Jawahar bhasma—see appendix	10.00%
<i>Styrax benzoin</i> (Luban)—Resin	10.00%
<i>Cochlospermum religiosum</i> (Katira)—Gum	20.00%

INDICATIONS :

Premature ejaculation, nocturnal emissions, spermatorrhoea, hyperaesthesia sexualis, micturition, senile sex aberrations, impotency, sexual debility, prostatic disorders.

Jaryan promotes sexual strength and longevity of sex performance. As a sexual stimulant it enhances libido and bestows happiness on married persons.

Jaryan promotes spermatogenesis and activates the spermatozoa, thereby increasing the denseness of the spermatic fluid.

By regulating the sex-controlling centres of the spinal cord, Jaryan helps the happy and healthy performance of the sexual act.

Jaryan removes the sexual debility caused by excessive sexual indulgence, masturbation and old age.

Jaryan checks the inflammation and enlargement of the prostate gland.



DIRECTIONS FOR USE :

In conditions of oligospermia or the deficiency of the spermatozoa, two tablets to be taken with milk or water thrice a day for 4 to 6 months.

In premature ejaculation due to over-indulgence, two tablets to be taken thrice a day for two months.

In nocturnal emissions and in conditions of premature ejaculation caused by masturbation, two tablets to be taken thrice a day for three to four weeks, gradually reducing the dosage during the next two to one week.

In prostate enlargement, in the beginning of the treatment take two tablets morning and evening. Gradually reduce the dosage to two tablets a day and continue for the whole life.

Special Note : In conditions of sperm deficiency and premature ejaculation, the use of Yogi SEXOTEX (q.v.) along-with Jaryan will add a lot to the efficacy of the treatment.

Diet Restrictions : Avoid vegetable oil, tamarind, strong spices, pickles, and excessively heat-producing food.

Dosage of Jaryan Powder : Two to three gm of the powder to be mixed with milk and taken twice a day morning and evening. The unmarried persons should take it only once in the morning.

CLINICAL TRIALS :

Jaryan was tried on 53 patients. It gave excellent results on 34 of them and tolerably good results on 10. This valued presentation of the Yogi Pharmacy is one of the most effective Ayurvedic and Unani combinations.

(Sd.) Dr. S.P. Chauhan,

Principal and Head of the Department of Medicine,
Gurukul Ayurvedic College Jwalapur

Dated : 12-12-78



KAFSIN

Presentation — Syrup and Tablets (each tablet 1000 mg)

A harmless and effective remedy for all sorts of cough and allied ailments

COMPOSITION :

SYRUP

<i>Adhatoda vasica</i> (Vasa)—Whole plant	10.00%
<i>Papaver somniferum</i> (Afim, Post)—Seeds	6.00%
<i>Solanum xanthocarpum</i> (Katehli)—Whole plant	3.00%
<i>Terminalia belerica</i> (Bahera)—Dried fruit wall	3.00%
<i>Ziziphus sativa</i> (Unnab)—Fruit	3.00%
<i>Costus speciosus</i> (Pushkarmula)	3.00%
Menthol (Podina sattva)	2.00%
Ammonium chloride (Narkshar)	1.00%
Borax (Tankan pushpa)	2.00%
<i>Ephedra vulgaris</i> (Somakalpa)—Dried root and stem	1.00%
Camphor (K Kapoor)	1.00%
<i>Glycyrrhiza glabra</i> (Mulethi)—Root	10.00%
<i>Clerodendron serratum</i> (Bharangi)—Stem bark	6.00%
<i>Viola odorata</i> flowers (Gulbanafsha)	3.00%
<i>Pistacia integerrima</i> (Kakrasingi)—Galls	6.00%
Sucrose (Shuddh sharkara)	40.00%
Permitted colours	q.s.

TABLETS

<i>Glycyrrhiza glabra</i> (Mulethi)—Root extract	5.00%
<i>Pimpinella anisum</i> (Saonf)—Fruit	10.00%
<i>Commiphora opobalsamum</i> (Habbalas)—Fruit	5.00%
<i>Adhatoda vasica</i> (Vasa)—Whole plant	5.00%
<i>Syzygium aromaticum</i> (Lavang)—Dried flower buds	10.00%
<i>Cinnamomum zeylanicum</i> (Dalchini)—Stem bark	10.00%



<i>Piper longum</i> (Pippali)—Dried fruit	10.00%
Borax (Suhaga)	5.00%
<i>Pistacia integerrima</i> (Kakrasingi)—Galls	5.00%
Camphor (Kapoor)	3.00%
Menthol (Podina sattva)	3.00%
Sitopaladi choorna—see Charaka Samhita	29.00%

INDICATIONS :

Cough, asthma, sore throat, pneumonia, pyrexia, bronchitis, influenza, dyspnoea, tonsilitis, cold.

Kafsin tablets give immediate relief in sore throat and therefore they are strongly recommended for speakers and musicians.

DIRECTIONS FOR USE :

Syrup : 1 to 2 teaspoonfuls to be taken thrice daily.

Tablets : Keep one tablet in the mouth and gradually suck the dissolved juice. Repeat every two or three hours.

Avoid chillies, strong spices, oily preparations, and cold drinks.

The use of Chyavanprash and Yogi Chay alongwith Kafsin treatment will be specially helpful.

PACKINGS :

Syrup : Bottles of 100 ml, 500 ml and 5 litres

Tablets : Strips of 10 tablets each, and bottles of 30, 100 and 500 tablets.



KESHALA POWDER

Presentation — Powder

An ideal hair-washing powder for the family.

COMPOSITION :

Triphala—see appendix	15.00%
<i>Eclipta alba</i> (Bhringaraja)—Whole plant	5.00%
<i>Sapindus mukorossi</i> (Arishtak)—Fruit wall	5.00%
<i>Santalum album</i> (Safed chandan)—Wood	7.00%
<i>Prunus amygdalus</i> (Badam ki khali)—Oil cake	7.00%
<i>Embelia ribes</i> (Viavidanga)—Dried fruit	5.00%
<i>Ichnocarpus frutescens</i> (Sariva)—Dried stem	15.00%
<i>Acacia concinna</i> (Shikakai)—Fruit pulp	5.00%
<i>Myristica fragrans</i> (Jatipatri)—Arillus or Mace	6.00%
<i>Abrus precatorius</i> (Safed gunja)—White seeded variety	15.00%
<i>Hedychium spicatum</i> (Kapurakachari)—Root	10.00%
<i>Punica granatum</i> (Dadim)—Rind of the fruit	5.00%

Processed in the decoctions and juices of :—

Eclipta alba (Bhangra)—Whole plant
Embelia officinalis (Amla)—Fruit juice
Melia azedarach (Meetha neem)—Leaves
Ichnocarpus frutescens (Sariva)—Stem

INDICATIONS :

Hair falling and greying ; dandruff ; dry, scaly and itching scalp.

Keshala Powder nourishes hair roots and gives soft shining lustre to the hair. It has also an antiseptic action against hair infection.

DIRECTIONS FOR USE :

Mix about 25 gm of Keshala Powder with water and keep it overnight in an earthen pot. Rub it softly over the scalp before taking bath ; then wash off. Do not use soap during treatment with Keshala Powder.

PACKINGS : Cartons of 100 gm and 200 gm.



LEUCOPLEX

Presentation --- Tablets (each tablet 330 mg.)

An Ayurvedic gift for female health and a very effective remedy for diseases of the female reproductive organs.

COMPOSITION :

<i>Saraca indica</i> (Ashoka)—Concentrated sattva of the stem bark	20.50%
<i>Symplocos racemosa</i> (Lodhra)—Concentrated sattva of the stem bark	15.50%
<i>Orchis mascula</i> (Salabmisri)—Tubers	6.50%
<i>Bryonops laciniosa</i> (Shivalingi)—Seed extract	6.50%
<i>Solanum indicum</i> (Shveta Kantakari)—Whole plant	6.50%
<i>Strychnos nux vomica</i> (Tenduk)—Fruit purified by special Ayurvedic processes	1.50%
Magnetite or iron rust calcined (Mandura bhasma)	15.50%
Shell of hen's egg calcined (Kukkutandatvak bhasma)	7.50%
Tin calcined (Banga bhasma)	7.50%
Asphaltum (Sundried and purified Shilajit sattva processed through "Shalsaradi gan"—see Sushruta Samhita	12.50%

INDICATIONS and DESCRIPTION :

Leucorrhoea ; abortive tendency ; backache ; uterine ailments ; dysmenorrhoea ; pain in thighs, burning sensation in the extremities ; anaemia ; debility ; dyspepsia ; anorexia.

Leucoplex tones up the female generative organs, and promotes regular menstruation and sound physique.

Leucoplex brings relief to women in their backaches, pain in the thighs, in burning sensation in their hands, feet and eyes, and in the nervous and circulatory disorders of the



stomach, intestines and liver. Consequently Leucoplex proves to be a safe remedy for diseases like leucorrhoea, menorrhagia, etc.

Leucoplex, having a direct action on the muscles of the uterus and of the vagina through the nerves concerned, gives regularity to the irregular menstruation.

Leucoplex stimulates the ovaries through its effect on the internal lining of the uterus, thus stopping the unnatural uterine haemorrhage.

Leucoplex has an antiseptic and contractile action on the vagina and the uterus through which it checks the excessive menstrual flow and also haemorrhage caused by loop.

Leucoplex increases the uterine circulation and thus effects the whole of the reproductive system, thereby putting a stop to the possibility of abortion.

Special Note : Leucoplex is perfectly harmless and can be used for a long time even during pregnancy. The daily administration of three tablets of Yogi Jaryan (q.v.) i.e. one tablet thrice a day alongwith Leucoplex quickly controls the haemorrhage.

DIRECTIONS FOR USE :

In leucorrhoea and menorrhagia 1-2 tablets to be taken with milk, fruit juice or water thrice a day for 4-6 weeks.

In haemorrhage due to loop two tablets to be taken thrice a day for one week.

Diet Restrictions : Avoid chillies, strong spices, tamarind, gur (raw sugar) and oily food.

Fresh lemon and amla (*Emblica officinalis*) fruit can be taken.

PACKINGS :

Strips of 10 tablets each and bottles of 30, 100, and 500 tablets.



CLINICAL TRIALS :

I

Leucoplex has come out as an extremely successful remedy in the treatment of all the patients suffering from leucorrhoea and menorrhagia so much so that it has cured leucorrhoea inflicted upon the patients after pregnancy or surgical treatment.

(Sd.) Dr. Sushila Dhawan, M.B., B.S., D.G.O.

Specialist in Female Diseases

Medical College, Agra

Dated : 16-12-77

II

RESULTS OF A PRELIMINARY STUDY ON THE EFFECT OF LEUCOPLEX ON LEUCORRHOEA carried out by Dr. (Miss) Kamla Pandey, Demonstrator, and Dr. Kranti Krishna, Reader and Head, Department of Prasuti Stri and Balrog, Govt. Ayurvedic College, Hardwar, U.P., during 1979-80 :

The effect of Leucoplex was observed on a total of 50 patients who belonged to the three following categories :

- (i) Those 60% who suffered from vaginal discharge only;
- (ii) Those 20% who suffered from vaginal discharge with dysmenorrhoea; and
- (iii) Those 20% who suffered from vaginal discharge with dysmenorrhoea, and pain in joints and back.

The study showed that Leucoplex was quite effective in the patients of the first category. In the case of the other two categories of patients Leucoplex was effective only when the treatment was supplemented with protein therapy.

—Vide *Jour. Sci. Res. Pl. Med.*

March 1980, Gurukul Kangri

Hardwar, India



LIVOCIN

Presentation — Syrup and Tablets (each tablet 330 mg)

A well-tried remedy for liver disorders and jaundice

COMPOSITION :

SYRUP

<i>Vitis vinifera</i> (Draksha)—Fruit juice	10.00%
<i>Syzygium cumini</i> (Jambuk)—Fruit juice	10.00%
<i>Citrus reticulata</i> (Santara)—Fruit juice	10.00%
<i>Emblica officinalis</i> (Dhatri)—Fruit juice	10.00%
<i>Daucus carota</i> (Gajar)—Root juice	10.00%
<i>Punica granatum</i> (Anar or Dadim)—Fruit juice	10.00%
<i>Rheum emodii</i> (Revandchini)—Root extract	10.00%
<i>Solanum nigrum</i> (Kakamachi)—Whole plant extract	3.00%
<i>Picrorhiza kurroa</i> (Kutaki)—Whole plant extract	3.00%
<i>Boerhaavia diffusa</i> (Punarnava)—Root extract	3.00%
<i>Cichorium intybus</i> (Kasni)—Seed extract	3.00%
Iron calcined (Loh Bhasma)	15.00%
<i>Andrographis paniculata</i> (Kalmegh)—Whole plant extract	3.00%

TABLETS

<i>Pistacia lentiscus</i> (Rumi mastiki)—Resin	15.00%
<i>Solanum nigrum</i> (Kakamachi)—Whole plant	5.00%
<i>Picrorhiza kurroa</i> (Kutaki)—Whole plant	5.00%
<i>Boerhaavia diffusa</i> (Punarnava)—Root	5.00%
<i>Andrographis paniculata</i> (Kalmegh)—Whole plant	10.00%
<i>Zinger officinale</i> (Sonth)—Dried rhizome	10.00%
<i>Piper longum</i> (Pippali)—Dried fruit	10.00%
<i>Caccinia glauca</i> (Gaozoban)—Leaves and stem	15.00%
<i>Rheum emodi</i> (Revandchini)—Root	15.00%
Magnetite calcined (Mandur bhasma)	10.00%



Processed in the decoctions and juices of :

Syzygium cumini (Jamun)—Fruit
Emblia officinalis (Amla)—Fruit juice
Punica granatum (Anar)—Fruit
Citrus reticulata (Santara)—Fruit
Daucus carota (Gajar)—Root
Vitis vinifera (Draksha)—Fruit

INDICATIONS and DESCRIPTION :

Anorexia, mineral and vitamin deficiency, anaemia, alcoholic and metabolic liver disorders, debility, liver cirrhosis.

Livocin shows its maximum effectiveness in curing both acute and chronic conditions of liver enlargements and liver inflammation caused by the toxic effect of infection, of antibiotic drugs, or of drinking habit.

By helping the constructive activity of the liver cells, Livocin rejuvenates the liver tissues.

By regulating the proportion of the plasma protein Livocin has proved to be a successful remedy in curing all the liver diseases and in bringing the liver to a normal functioning.

Livocin gives renewed activity to the whole of the digestive system, thereby bringing natural appetite and reducing restlessness due to indigestion and gas formation.

By removing the anaemic conditions it adds to the body weight and growth of children; and there is quick recovery of health after weakness caused by sickness.

Livocin is very effective in the jaundice and liver enlargement conditions, specially of the children.

Livocin checks the catabolic side-effects of chemo-therapy and radio-therapy taken recourse to in the treatment of cancer.

Livocin improves vitamin and mineral assimilation resulting in the promotion of growth.



Livocin has no contra side effects. Treatment by Livocin may be safely continued for any length of time.

DIRECTIONS FOR USE :

Dosage

	SYRUP	TABLETS
New-born babies	1 ml (half teaspoon) 2-3 times daily	—
Children	2.5 ml (One full teaspoon) 2-3 times daily	One tablet twice a day.
Adults	7.50 ml (Three teaspoonfuls) 2-3 times a day	1-2 tablets 2-3 times a day.

Dosage may exceed according to condition and requirements of the patients. Exceeded dosage has no harm.

Diet restrictions : Avoid chillies, strong spices and oily preparations.

Take simple food, plenty of vegetables and fruits.

PACKINGS :

Syrup : Bottles of 50 ml, 100 ml, 500 ml and jars of 5 litres.

Tablets : Strips of 10 tablets each, and bottles of 30, 100 and 500 tablets.



MAHA BHRINGRAJ TEL

A medicated hair oil for external use ; a remedy for falling hair, for cooling the brain and for bringing sound sleep.

COMPOSITION :

<i>Centella asiatica</i> (Brahmi)—Whole plant juice	5.00%
<i>Eclipta alba</i> (Bhringraj)—Whole plant juice	10.00%
<i>Embolica officinalis</i> (Dhatrphala)—Fruit juice	5.00%
<i>Santalum album</i> (Safed chandan)—Wood	3.00%
<i>Terminalia chebula</i> (Haritaki)—Dried fruit wall	3.00%
<i>Terminalia belerica</i> (Vibhitaka)—Dried fruit wall	3.00%
<i>Nardostachys jatamansi</i> (Jatamansi)—Root	3.00%
Sesamum oil base	68.00%

INDICATIONS :

Insomnia, brain weakness, hair decay, falling and greying of hair, mental disorders, loss of memory.

This oil is very efficacious in bringing about the healthy growth of hair, toning nervous system, cooling the eyes, energising the brain and increasing the memory.

It is a boon for brain workers, such as students, teachers, lawyers, research scholars and judges.

Prolonged use of this oil brings about the blackening of hair.

This oil is also effective in lessening the high blood pressure.

DIRECTIONS FOR USE :

Massage on head after bath and before bed time. This oil can be used throughout the year. Women desiring long, thick, soft and black hair should also use Yogi "Keshala Powder" for hair care.

PACKINGS :

Bottles of 100 ml, 200 ml, and 400 ml.



PURE SHILAJIT EXTRACT

Presentation — A preparation of jam-like consistency.

A general tonic offering relief in and resistance against most of the body ailments.

COMPOSITION :

Shilajit as presented here is a black or dark brown hard bituminous substance produced probably by the decomposition of vegetable organic matter and oozed out as pure and natural extract from the Himalayan mountains during the summer season under the heating effect of the health-giving rays of the sun. The naturally imbibed ingredients in it are iron, copper, gold, benzoic acid, phosphorus and petroleum which have marvellous properties for invigorating the entire body.

INDICATIONS :

Kidney disorders, urinary diseases, diabetes, body aches, bone injury, asthma, neurasthenia, septic conditions, and anaemia.

Shilajit reduces sugar percentage, gives vitality, and strengthens bones. It is a boon for health in the old age.

DIRECTIONS FOR USE :

0.25 gm to 1.00 gm of Shilajit to be mixed with milk and taken once or twice a day according to necessity, age and tolerance.

For external use in aches, injuries and inflammations, mix a little of Shilajit with old clarified butter (purana ghee), warm and apply or massage slowly on the affected part.

PACKINGS :

Bottles of 10 gm, 20 gm, 50 gm and 100 gm.



CLINICAL TRIALS :

The Shilajit Extract of the Yogi Pharmacy being pure and possessing the tone of the sun's rays was found to be very effective when tried on patients in the Himachal Government Pharmacy. I have been regularly using it since then.

(Sd.) Pandit Bhim Dutta Sharma

Ayurveda Vachaspati

Ex-Head of the Himachal Govt. Pharmacy, Majra

Dated : 9-2-75



RECHNI MILD and RECHNI STRONG

Presentation — Tablets (each tablet 330 mg)

A fast-acting and sure Ayurvedic remedy for acute and chronic constipation

COMPOSITION :

RECHNI MILD

<i>Garcinia pictoria</i> (Kankushtha or Ussarah-i-revanda)	
—Gum resin known as gamboge	20.00%
Saqmonia resin	30.00%
<i>Aloe barbadensis</i> (Ghrita Kumari)—Leaf pulp and juice	20.00%
<i>Terminalia chebula</i> (Haritaki)—Fruit	30.00%

Processed in :

<i>Prunus amygdalus</i> seed oil (Badam Rogan)	q.s.
<i>Operculina turpethum</i> (Nisoth)—Decoction of root bark	q.s.

RECHNI STRONG

Saqmonia resin	20.00%
<i>Garcinia pictoria</i> (Ussarah-i-revanda)—Gum resin	20.00%
<i>Aloe barbadensis</i> (Elva)—Leaf pulp	10.00%
<i>Pistacia lentiscus</i> (Rumi mastiki)—Resin	20.00%
Kheere-khisht	20.00%
<i>Croton tiglium</i> (Jaypal)—Seeds purified by special	
Ayurvedic processes	5.00%
Black sulphide of mercury	5.00%

INDICATIONS :

Flatulence, constipation, liver and gall bladder disorders of the jaundice and ascites.

Rechni restores the peristaltic movements of the gastrointestinal tract and removes a variety of abdominal ailments.



Rechni can be used by all age groups. It does not have any bad side-effect and is also not habit-forming.

Taken at night Rechni brings out a clear and painless motion in the morning.

DIRECTIONS FOR USE :

Dosage as follows should be taken with milk, tea or water at bed time in the night :

Adults : Rechni Mild 2 to 4 tablets and Rechni Strong 1 to 2 tablets.

Children : The adult dose to be reduced according to the condition or as prescribed by the physician.

Note : Patients in need of more motions should take Rechni Strong.

Caution : Babies and pregnant women should not take Rechni Strong.

PACKINGS :

Strips of 10 tablets each and bottles of 30, 100 and 500 tablets.

CLINICAL TRIALS :

Rechni is a harmless remedy for constipation. It has solved the constipation problem of a number of patients.

(Sd.) Dr. A.C. Rao, M.B., B.S., M.D.

Medical Officer-in-Charge

Rama Krishna Mission Hospital, Varanasi

Dated : 11-11-78



RENONE

Presentation — Tablets (each tablet 330 mg)

An indigenous gift for patients of rheumatic and allied disorders.

COMPOSITION :

<i>Colchicum luteum</i> (Suranjane ghan)—Solid extract from corms and roots	25.00%
Maharasanadi ghan—see Bhaishajya Ratnavali	10.00%
<i>Garcinia pictoria</i> (Ussarah-i-revanda)—Gum resin known as gamboge	10.00%
Maha Yograj Guggulu—see Sharangdhar Samhita	25.00%
<i>Strychnos nux vomica</i> (Shuddh tenduk)—Fruit purified by special Ayurvedic processes	10.00%
<i>Aconitum ferox</i> (Vatsanab)—Root purified by special Ayurvedic processes	5.00%
<i>Allium sativum</i> (Lashuna)—Bulb powder	10.00%
<i>Semecarpus anacardium</i> (Bhilawa)—Fruit purified according to special Ayurvedic processes	5.00%

Processed through the decoctions and fresh juices of :

Vitex negundo (Nirgundi)—Leaves
Santaloides minus (Vidhara)—Root
Withania somnifera (Asvagandha)—Root
Tinospora cordifolia (Giloe)—Whole plant
Eclipta alba (Bhringaraj)—Whole plant
Rauwolfia serpentina (Sarpagandha)—Root
Trachyspermum ammi (Ajwan)—Seeds

INDICATIONS :

Rheumatoid arthritis, osteo-arthritis, neuralgia, neuritis, fibrositis, and sciatica.



Renone is not only a cure of the symptoms but strikes at the very root of the disease. It has a very quick action. The reponse criteria are relief from pain, restoration of mobility and reduction of swelling.

Renone acts by removing excess of uric acid from urine.

DIRECTIONS FOR USE :

One to two tablets to be taken twice or thrice with hot milk. In chronic cases relief will begin to be felt after continued use for two weeks but a course of treatment for one or two months brings about a complete cure. In very acute cases two tablets thrice a day should be continued till swelling and pain subsides.

Caution : Pregnancy is an absolutely contra indication in the treatment by Renone. No pregnant woman should take Renone in excess.

Diet restrictions : Avoid rice, curd, butter-milk during the course of treatment by Renone.

PACKINGS :

Strips of 10 tablets each, and bottles of 30, 100 and 500 tablets.

CLINICAL TRIALS :

Renone was tried on 28 patients of rheumatoid arthritis out of which 19 got the best of relief and 9 responded with a little lesser but still good relief.

(Sd.) Dr. Rajendra Kumar Agrawal, G.A.M.S. (HONS.), M.A.
Reader, Ras Shastra, Govt. Ayurvedic College
Gurukul Kangri, Haridwar, and
Medical Officer-in-Charge
Shraddhanand Charitable Hospital, Gurukul Kangri
Dated : 9-8-78



ROG NASHAK

Presentation — Powder

A blood-purifying, antiseptic and preventive remedy against most of the diseases.

COMPOSITION :

<i>Picrorhiza kurroa</i> (Kutaki)—Whole plant	3.00%
<i>Swertia chirata</i> (Chiraita)—Whole plant	3.00%
<i>Curcuma zedoria</i> (Kachoor)—Rhizome	3.00%
<i>Malva parviflora</i> (Pancrer)—Fruit	3.00%
<i>Cassia absus</i> (Chakshush)—Seeds	3.00%
<i>Smilax zeylanica</i> (Ushba)—Root	3.00%
<i>Argemone mexicana</i> (Swarnakshiri)—Whole plant	3.00%
<i>Azadirachta indica</i> (Neem)—Root and stem bark, leaves, flowers and fruits	5.00%
Trikatu—see appendix	6.00%
Sodium bicarbonate (Sarj kshar)	3.00%
<i>Terminalia chebula</i> (Abhaya)—Shodhit Haritaki (q.v.)	3.00%
<i>Adhatoda vasica</i> (Vasa)—Whole plant	3.00%
<i>Terminalia arjuna</i> (Hrideshwar twak)—Stem bark	3.00%
<i>Pimpinella anisum</i> (Saonf)—Fruit	3.00%
<i>Asparagus recemosus</i> (Shatavari)—Root	3.00%
Triphala—see appendix	9.00%
Chaturjatak—see appendix	12.00%
<i>Holarrhena antidysenterica</i> (Indrajau)—Seeds	2.00%
<i>Embelia ribes</i> (Vidanga)—Fruit	2.00%
<i>Smilax glabra</i> (Chobchini)—Root	5.00%
<i>Solanum nigrum</i> fruit (Kakamachi phala)	3.00%
<i>Cyperus rotundus</i> (Mustaka)—Tubers	3.00%
<i>Artemisia siversiana</i> (Afsantin)—Whole plant	3.00%
<i>Tinospora cordifolia</i> (Guduchi)—Stem	3.00%
<i>Cassia fistula</i> (Amaltas)—Fruit pulp	5.00%



INDICATIONS and DESCRIPTION :

Tendency to frequent diseases, skin disorders, worms, indigestion, and septic conditions.

Rog Nashak is a multipurpose compound to keep body away from most of the diseases. It regulates the digestive system and maintains hormonal equilibrium. It purifies blood and removes worms. It is antiseptic and useful in fever. It is thus a boon to general family health. It cures restlessness due to gaseous troubles of the digestive system.

Rog Nashak is helpfull in the cure of itch, ringworm, boils, skin eruptions, and other skin diseases.

Rog Nashak gives relief in toothache.

Rog Nashak is fully effective in curing inflammations caused by injury.

Rog Nashak prevents the excessive flow of saliva out from the mouth.

DIRECTIONS FOR USE :

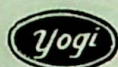
1-3 gm powder to be taken thrice a day with fresh water.

Healthy persons may take it once a week.

In case of abdominal ailments, supplement the Rog Nashak treatment with Gasantak (q.v.).

PACKINGS :

Bottles of 50 gm and 100 gm.



SEXOTEX

Presentation :

Tablets : An excellent sex tonic both for men and women. (Each tablet 330 mg)

Cream : (For external use by men only)—An excellent help for a successful coitus.

COMPOSITION :

TABLETS

<i>Rauwolfia serpentina</i> (Sarpagandha)—Root	7.50%
<i>Strychnos nux vomica</i> (Shuddha Tenduk)—Fruit purified by special Ayurvedic processes	7.50%
<i>Orchis mascula</i> (Salabmisri)—Tubers	10.00%
<i>Myristica fragrans</i> (Jatiphala)—Seed	8.50%
<i>Myristica fragrans</i> arillus or Mace (Jatipatri)	8.50%
<i>Anacyclus pyrethrum</i> (Akarakara)—Root	8.50%
Asphaltum (Sundried and purified Shilajit satva processed through “Shalsaradi gan”—“Sushruta Samhita”)	8.50%
<i>Papaver somniferum</i> (Post)—Fruit wall	2.00%
Makardhwaja—see “Ras Taringini”	5.50%
<i>Pinus succinifera</i> (Amber)—Resin	5.50%
Tin calcined (Bang Bhasma)	7.50%
<i>Crocus sativus</i> (Keshara)—Dried stigmas and tops of the styles	5.50%
Ambergris (Amber)	5.50%
Pearl pulverised (Moti pishti)	5.50%
<i>Musa paradisiaca</i> (Kadali)—Stem juice	4.00%

Processed through the decoctions and fresh juices of :

Pueraria tuberosa (Bidari kand)—Tuberous roots.
Withania somnifera (Ashvagandha)—Root
Asparagus racemosus (Shatavari)—Root



Aloe barbadensis (Ghrita kumari)—Leaf pulp

Curcuma longa (Haridra)—Rhizome

Cannabis sativa (Vijaya)—Leaves

CREAM

<i>Myristica fragrans</i> (Jaiphal)—Seeds	10.00%
<i>Myristica fragrans</i> arillus (Javitri)	10.00%
<i>Syzygium aromaticum</i> (Lavanga)—Dried flower buds	5.00%
<i>Cinnamomum tamala</i> (Dalchini)—Stem bark	5.00%
Castoreum (Jund badastar)	10.00%
<i>Celastrus paniculatus</i> (Malkangni)—Seeds	30.00%
Earthworms (Kechua)	5.00%
<i>Trombidium gratissimum</i> (Bir bahuti)	5.00%
Stearic acid	10.00%
Tallow	10.00%

INDICATION and DESCRIPTION :

TABLETS

Spermatorrhoea, nocturnal emissions, premature ejaculation, functional impotency, diabetes mellitus, oligospermia and sexual debility.

Sexotex tonic tablets have been specially prepared for married and weak persons facing sex problems. They increase potency and longevity of performance. The action of Sexotex tablets is through the pituitary body and therefore they are different from those medicines which provide only temporary stimulus but afterwards bring about a greater weakness than before. Sexotex tablets do not contain animal hormones and therefore they do not inhibit the production of sperms nor do they stimulate cancerous growth. The tonic effect of Sexotex tablets is specially remarkable for its stability.

Continued use of Sexotex tablets for a long time keeps up the sexual desire and removes psychological impotency as well as frigidity.



Sexotex tablets act upon the spinal centres which bring about pleasure and satisfaction in sexual intercourse,

Sexotex tablets are a quick-acting and reliable aphrodisiac.

CREAM

Poor penis erection, impotency, and poor performance at coitus.

Composed of heat and energy generating herbs and fats, the Sexotex cream increases blood circulation in the tissues of the penis, adds to its erectile strength and increases its size. It initiates and maintains the coitus reflex.

Sexotex cream is a boon for men of poor erectile strength due to old age or over-indulgence in sex. It removes psychological impotency and creates confidence during coitus.

DIRECTIONS FOR USE :

TABLETS

1-2 tablets to be taken morning and evening with milk or cream. Taken one hour before coitus, the tablets will be helpful in achieving the desired result.

In general weakness and sexual weakness of old age one tablet twice a day morning and evening taken with milk for two months brings a soothing effect to the nervous system and creates sexual confidence.

Men suffering from very great sexual debility may take two tablets thrice a day.

For quick effect the tablets should be chewed and taken with milk

CREAM

Massage slowly the penis and the public region once or



twice a day with Sexotex cream. Do not apply the cream to the scrotum or the glans.

Massage before one hour of the coitus is specially helpful in the coitus.

About 0.50 gm to 1.00 gm of the cream can be applied at any one time and massaged till it is fully absorbed. Do not wash or wipe off the cream till about one or two hours of the massage.

PACKINGS :

Tablets : Strips of 10 tablets and bottles of 30, 100 and 500 tablets.

Cream : 15 gm tube.



SHAHI CHOORAN

Presentation — A palatable appetising powder

COMPOSITION :

<i>Piper longum</i> (Pappali)—Dried fruit	9.50%
<i>Piper nigrum</i> (Svet mirch)—Dried fruit	11.50%
Rock salt (Saindhava)	30.50%
<i>Carum carvi</i> (Krishna Jirak)—Dried fruit	7.50%
<i>Cuminum cyminum</i> (Sveta (Jirak)—Dried fruit	29.50%
<i>Ferula foetida</i> (Hing)—Gum resin	3.50%
Menthol (Podina sattva)	1.50%
Tartaric acid (Nimboo sattva)	1.50%
<i>Cinnamomum zeylanicum</i> (Dalchini)—Stem bark	5.00%

INDICATIONS :

Dyspepsia, flatulence, abdominal colic, stomachache, anorexia, vomiting associated with cholera and morning sickness.

Shahi Chooran is a delicious appetiser containing important carminative ingredients. It improves taste, digestion and desire to eat. It also controls nausea.

DIRECTIONS FOR USE :

1-2 gm to be taken twice a day after meals or as required.

PACKINGS :

Bottles of 50 gm and 800 gm.



SHAKTI VIKAS

Presentation — Liquid

An ideal herbal presentation for the alround development of health, strength and vitality for the whole family.

COMPOSITION :

Dashmool—see appendix	2.50%
<i>Pueraria tuberosa</i> (Vidari kand)—Tuberous roots	2.50%
Iron calcined (Loh bhasma)	5.50%
Pure honey	5.50%
<i>Orchis mascula</i> (Salabmisri)—Tubers	1.00%
<i>Sida cordifolia</i> (Bala)—Whole plant	2.00%
<i>Withania somnifera</i> (Ashwagandha)—Root	1.50%
<i>Acacia arabica</i> (Vibha twak)—Stem bark	1.50%
<i>Santalum album</i> (Safed chandan)—Wood	1.25%
<i>Pterocarpus santalinus</i> (Rakta chandan)—Wood	1.25%
<i>Centella asiatica</i> (Brahmi)—Whole plant	1.00%
<i>Datura alba</i> (Kanak)—Whole plant	1.00%
<i>Asparagus racemosus</i> (Shatavari)—Root	4.50%
<i>Cymbopogon schoenanthus</i> (Ajgandha)—Whole plant	5.50%
<i>Asparagus adscendens</i> (Safed musli)—Tuberous root	5.00%
<i>Pandanus tectorius</i> (Keora)—Flower	1.50%
<i>Strychnos nux vomica</i> (Shuddh tenduk)—Seeds purified by special Ayurvedic processes	1.00%
Chaturjatak—see appendix	2.00%
<i>Crocus sativus</i> (Keshar)—Dried stigmas and tops of the styles	0.50%
Ambergris (Agnijar)	0.50%
<i>Phaseolus radiatus</i> (Mash)	4.50%
<i>Anacyclus pyrethrum</i> (Akarakara)—Root	5.50%
Triphala—see appendix	1.50%
Sharbat Dil Pasand—q.v.	17.00%
<i>Hibiscus rosa sinensis</i> (Gul gurhal)—Flowers	1.00%
<i>Vitis vinifera</i> (Draksha phal svaras)—Fruit juice	8.00%



<i>Myristica fragrans</i> arillus (Jatipatri)	2.50%
Trikatu— see appendix	5.50%
<i>Mimusopos elengi</i> (Maulsari)—Flowers	1.00%
Castoreum (Jund Badastar)	0.50%
<i>Cannabis sativa</i> (Vijaya)—Whole plant	1.00%
Pure shilajit Extract—q.v.	5.00%

INDICATIONS :

Mental fatigue, insomnia, epilepsy, hysteria, anaemia, sexual debility, convalescence, chronic cough, pulmonary tuberculosis, cardiac debility.

Shakti Vikas liquid is an all-purpose general tonic consisting of most efficacious indigenous drugs combined with glycerophosphates, vitamins, iron and calcium, taking due advantage of modern scientific discoveries. It is a cardiac nerve tonic promoting cardiac muscle tone and heart output. Its high glycerophosphate content supplies nutrition to the brain and nerves. The haemopoietic action of lymph glands and spleen increases blood production and body resistance.

In old age Shakti Vikas liquid acts by stimulating sex hormones, and brings vitality.

Shakti Vikas liquid is also useful in the treatment of low blood pressure conditions.

Shakti Vikas is nutritious.

Shakti Vikas checks gas formation.

DIRECTIONS FOR USE :

1-3 teaspoonful, or as advised by the physician, to be orally administered twice daily before or preferably after meals. There are no contra side effects.

PACKINGS :

Bottles of 100 ml and 500 ml and 5 litres.



SHARBAT DIL PASAND

Presentation — Syrup

An ideal, delicious and nutritive cold drink in the summer for family and friends.

COMPOSITION :

Pure juice of the following fruits : Pine-apple

(Anannas), Orange (Shantara) and Water-melon

(Tarbooz)

2.50%

Rosa damascena Arka (Ruh gulab)

3.00%

For the explanation of the word "Arka"—see appendix

Pandanus tectorius Arka (Ruh keora) 3.00%

Salix caprea Arka (Ruh bedmushk) 3.00%

Laghu Panch Trinmool Arka—see appendix 2.50%

Sucrose (Pure sugar)—Shuddh sharkara 50.00%

Ficus racemosa Flowers Arka (Ruh gulhar) 3.00%

Centella asiatica Arka (Ruh brahmi) 5.00%

Santalum album (Safed chandan) — Arka of wood 5.00%

Vetiveria zizanioides (Khas)—Arka of root 4.00%

Tinospora cordifolia (Amrita) —Arka of stem 4.00%

Evolvulus alsinoides (Shankhapushpi)—Arka 4.00%

Glucose 11.00%

Permitted colour q.s.

INDICATIONS :

Heat-stroke, loss of appetite, epistaxis, depression, anxiety, thirst, and summer fatigue.

With a composition of cooling herbs, fruit juices and flower essences, Sharbat Dil Pasand cools the body, and it is the only cold drink which fights the adverse effects of summer heat.



DIRECTIONS FOR USE :

Mix 25 ml of the syrup in a glass of cooled or iced water. Stir or shake well. Sip or drink as and when required.

PACKINGS :

Bottle of 900 ml.

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SHODHA

Presentation — Liquid and Tablets (each tablet 330 mg.)

An indigenous remedy for purification of blood and reduction of fat.

COMPOSITION :

SHODHA LIQUID

<i>Malva parviflora</i> seeds (Panirak, Tukhme Hayat)	10.00%
<i>Smilax zeylanica</i> (Ushba)—Roots	10.00%
<i>Azadirachta indica</i> (Nimb)—Whole plant	5.00%
<i>Citrullus colocynthis</i> (Indrayan mool)—Root	5.00%
Triphala—see appendix	6.00%
<i>Berberis aristata</i> (Daru haridra)—Root bark	2.00%
<i>Cryptolepis buchanani</i> (Krishnasariva)—Whole plant	1.00%
<i>Hemidesmus indicus</i> (Svetsariva)—Whole plant	1.00%
<i>Acacia catechu</i> (Khair)—Catechu, i.e., the resinous extract from wood	2.00%
<i>Swertia chirata</i> (Chiraita)—Whole plant	5.00%
<i>Santalum album</i> (Safed chandan)—Wood	1.00%
<i>Pterocarpus santalinus</i> (Rakta chandan)	1.00%
<i>Cassia tora</i> (Panwad)—Whole plant	2.00%
<i>Centratherum anthelminticum</i> (Kali jiri)—Seeds	2.00%
<i>Artemisia absinthium</i> (Afsantin)—Whole plant	2.00%
Acidum arseniosum purified (Shuddh somal)	0.50%
<i>Fumria parviflora</i> (Pittapaprha)—Whole plant	1.00%
<i>Styrax benzoin</i> (Luban)—Resin	3.00%
<i>Psoralea corylifolia</i> (Babchi)—Seeds	3.00%
<i>Adhatoda vasica</i> (Vasa)—Whole plant	2.00%
<i>Pongamia pinnata</i> (Karanja)—Whole plant	1.00%
<i>Sphaeranthus indicus</i> (Mundi)—Whole plant	1.00%
<i>Cyperus rotundus</i> (Mustaka)—Tubers	1.00%
<i>Tephrosea purpurea</i> (Sharpunkha)—Whole plant	1.00%
<i>Cedrus deodara</i> (Devadaru)—Root	1.00%
<i>Rubia cordifolia</i> (Manjishtha)—Root	1.00%



<i>Picrorhiza kurroa</i> (Kutaki)—Root	2.00%	Pon
<i>Aconitum heterophyllum</i> (Atis karvi)—Root	2.00%	Sph
<i>Tinospora cordifolia</i> (Giloe)—Whole plant	2.00%	Cyp
Cow's milk	2.00%	Tep
Honey from honey comb on <i>Azadirachta indica</i> (Nimb honey)	14.50%	Cea
<i>Pistacia lentiscus</i> (Rumi mastiki)—Resin	3.00%	Rub
<i>Onosma bracteatum</i> (Gaozoban)—Whole plant	4.00%	Pic
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SHODA TABLETS

Rasmanikya—see appendix	10.00%
Gandhak Rasayan—see appendix	20.00%

Dried extract of the following herbs :—

<i>Smilax zeylanica</i> (Ushba)—Root	70.00%	fat
<i>Malva parviflora</i> seeds (Panirak, Tukhme Hayat)		con
<i>Smilax glabra</i> (Chobchini)—Fresh roots		DI
<i>Azadirachta indica</i> (Nimb)—Panchanga i.e. Root, stem, leaves, flowers, and fruits.		thr
<i>Citrullus colocynthis</i> (Indrayan mool)—Root		day
Triphala—see appendix		tab
<i>Berberis aristata</i> (Daru haridra)—Root bark		sug
<i>Hemidesmus indicus</i> (Svetsariva)—Whole plant		Ch
<i>Cryptolepis buchanani</i> (Krishnasariva)—Whole plant		av
<i>Acacia catechu</i> (Khair)—Catechu i.e. resinous extract from wood		tal
<i>Swertia chirata</i> (Chiraita)—Whole plant		stil
<i>Santalum album</i> (Safed chandan)—Wood		wi
<i>Pterocarpus santalinus</i> (Rakta chandan)—Wood		PA
<i>Cassia tora</i> (Panwad)—Whole plant		an
<i>Centratherum anthelminticum</i> (Kali jiri)—Seeds		
<i>Artemisia absinthium</i> (Afsantin)—Whole plant		
<i>Pistacia lentiscus</i> (Rumi mastiki)—Resin		
<i>Fumaria parviflora</i> (Pittapaprha)—Whole plant		
<i>Psoralea corylifolia</i> (Babchi)—Seeds		
<i>Adhatoda vasaca</i> (Vasa)—Whole plant		



- 00% *Pongamia pinnata* (Karanja)—Whole plant
 00% *Sphaeranthus indicus* (Mundi)—Whole plant
 00% *Cyperus rotundus* (Mustaka)—Tubers
 00% *Tephrosea purpurea* (Sharpunkha)—Whole plant
 00% *Cedrus deodara* (Deodar)—Root
 50% *Rubia cordifolia* Manjishtha)—Root
 00% *Picrorhiza kurroa* (Kutaki)—Root
 00% *Aconitum heterophyllum* (Atis karvi)—Root
 00% *Tinospora cordifolia* (Giloe)—Whole plant
 00% *Onosama bracteatum* (Gaozoban)—Whole plant
 00% *Styrax benzoin* (Luban)—Resin

00% INDICATIONS :

00% Blood impurities, skin diseases, eczema, pimples, itch, fatness, allergic conditions, ringworms, boils, rashes, chronic constipation, malaria.

DIRECTIONS FOR USE :

Shodha Liquid : One to three teaspoonfuls to be taken thrice a day mixed with water or fruit juice for 4 to 6 weeks.

Shodha Tablets : One to two tablets to be taken thrice a day with water or fruit juice for 4 to 6 weeks and then one tablet thrice a day for one year.

Diet : Light and easily digestible diet without starch and sugar should be taken. Quantity of milk may be increased. Chillies, oily preparations, acid and strong spicy food should be avoided. Do not overload your stomach ; quantity of meals taken should be only so much that a little feeling of hunger still remains.

Note : In case of constipation Shodha should be taken with hot water, or, a physician should be consulted.

PACKINGS :

Liquid : Bottles of 50 ml, 100 ml, 500 ml, and 5 litres.

Tablets : Strips of 10 tablets each, and bottles of 30, 100 and 500 tablets.



SHODHIT HARITAKI

Presentation — Haritaki-shaped Tablets

A tasteful preparation, helpful to digestion in general.

COMPOSITION :

<i>Cinnamomum zeylanicum</i> (Dalchini)—Stem bark	10.00%
<i>Terminalia chebula</i> (Haritaki Kabli)—Fruit wall	20.00%
Rock salt (Saindhava)	20.00%
<i>Piper longum</i> (Pippali)—Dried fruit	10.00%
<i>Ferula foetida</i> (Hingu)—Gum resin	5.00%
<i>Cuminum cyminum</i> (Jirak)—Dried fruit	5.00%
Grape vinegar (Angoori sirka)	20.00%
<i>Illicium anisatum</i> (Badian-i-khatai)—Dried fruit	10.00%

INDICATIONS :

Indigestion, constipation, flatulence, gastric colic, nausea and vomiting during travelling, bad taste.

DIRECTIONS FOR USE :

Keep one or two Haritaki tablets in the mouth to allow them to get mixed slowly with the saliva and pass into the stomach through the food passage.

PACKINGS :

Bottles of 50 gm, 100 gm and 1 kg.



SHUGROL

Presentation — Tablets (each tablet 330 mg.)

An efficacious Ayurvedic remedy for diabetes mellitus and blood sugar.

COMPOSITION :

Iron calcined (Loh bhasma)	5.00%
<i>Casearia esculenta</i> (Saptarangi)—Root	11.00%
Vasant Kusumakar Ras—q.v.	3.00%
Ambergris (Agnijar)	5.00%
<i>Enicostemma littorale</i> (Nai)—Whole plant	5.00%
<i>Aconitum heterophyllum</i> (Ativisha)—Root	5.00%
Agate calcined (Akik pishti)	5.00%
Makradhwaja—see “Ras Tarangini”	5.00%
<i>Myristica fragrans</i> (Jatiphala)—Seeds	5.00%
<i>Myristica fragrans</i> arillus (Jatipatri)	5.00%
<i>Papaver somniferum</i> (Post)—Fruit wall	5.00%
<i>Gymnema sylvestre</i> (Gurmar)—Whole plant	8.00%
<i>Syzygium cumini</i> (Jambu)—Seeds	8.00%
Asphaltum (Sun-dried and purified Shilajit sattva processed through “Shalsaradi gan”—Sushruta Samhita)	25.00%

Processed in the decoctions and fruit juices of :

Cannabis sativa (Vijaya)—Leaves
Cyperus rotundus (Mustak)—Tubers
 Triphala—see appendix
Aegle marmelos leaves (Bilva patra)
Momordica charantia (Karela)—Whole plant
Terminalia arjuna (Arjuna)—Stem bark
Azadirachta indica (Neem)—Whole plant
Curcuma longa (Haldi)—Rhizome



SHUGROL FORTE

Shugrol	70.00%
Vasant Kusumakar Ras—q.v.	15.00%
<i>Crocus sativus</i> (Keshara)—Dried stigmas and tops of the styles	10.00%
Castoreum (Jund badastar)	5.00%

INDICATIONS and DESCRIPTION :

Diabetes mellitus, blood sugar, and carbuncle.

Shugrol helps the secretion of insulin by the pancreas and thus controls sugar in the blood and urine. It also gives vitality to the heart, brain, sex organs, urinary and other visceral organs. It regulates the circulation of blood and is therefore a specific remedy in the case of low blood pressure. It is also very helpful in insomnia and other nervous disorders.

No adverse side-effects have been reported.

DIRECTIONS FOR USE :

Take two tablets thrice a day with water for four to six months ; then twice daily for two months and finally once only for a year.

For quick remedy and in acute and advanced conditions take one tablet of Shugrol Forte thrice daily for 2 to 3 weeks, then twice daily for next 4 weeks and finally once a day for a year.

Do not take potato, rice, sugar, and other sweet substances. Avoid sex as far as possible. The use of Yogi Shakti Vikas (q.v.) and Yogi Amalki Rasayan (q.v.) alongwith Shugrol greatly helps the treatment.

PACKINGS :

Strips of 10 tablets each and bottles of 30, 100, and 500 tablets.



SKINO

Presentation — Ointment

An excellent anti-bacterial preparation for use on the skin.

COMPOSITION :

Black sulphide of mercury (Kajjali)	5.00%
Borax (Tankan)	5.00%
<i>Mallotus philippinensis</i> (Kampil)—Hairy dust on the fruit	5.00%
<i>Cinnamomum zeylanicum</i> oil (Rogan Dalchini)	5.00%
<i>Myristica fragrans</i> oil (Rogan Jaiphal)—Fruit	5.00%
Orpiment (Harital)	10.00%
Camphor (Kapoora)	10.00%
Zinc calcined (Yashad bhasma)	5.00%
Bees wax (Mom)	10.00%
<i>Azadirachta indica</i> oil (Neem tel)	5.00%
Realgar (Manashila)	10.00%
Mahamarichyadi tel—see “Ayurveda Sar Sangraha”	22.00%
Red oxide of lead (Sindura)	3.00%

INDICATIONS :

Ringworms, eczema, piles, fistula, cuts, burns, itch, cold, cracks, warts, pimples, chilblains.

DIRECTIONS FOR USE :

Apply Skino ointment on the affected area on the skin gently twice a day. Avoid the use of soap on that area.

PACKINGS :

15 gm tube.



STONONE

Presentation — Tablets

A successful and safe Ayurvedic remedy for kidney and ureter diseases and stone disorders without surgery.

COMPOSITION :

<i>Boerhaavia diffusa</i> Kshar (Punarnava kshar)	5.00%
<i>Tribulus terrestris</i> Kshar (Gokharu kshar)	5.00%
Barley kshar (Yava kshar)	10.00%
Sang-e-saramahi (Probably a fossil stone containing silicate of lime)	10.00%
<i>Crataeva nurvala</i> (Varuna) — Bark	10.00%
Sang-e-yahuda (Encrinite—a fossil Crinoid) —Bhasma	50.00%
<i>Bergenia ligulata</i> (Pashan Bhed)—Root	10.00%

Processed in the decoctions and juices of :

<i>Ocimum sanctum</i> (Tulsi)—Whole plant
<i>Raphanus sativus</i> (Muli)—Root
<i>Dolichos biflorus</i> (Kulthi)—Seed
<i>Tectona grandis</i> seeds (Sagvan beej)
<i>Didymocarpus pedicellata</i> (Shila pushpa)—Whole plant
<i>Pavonia odorata</i> (Sugandhabala)—Root

INDICATIONS :

Crystalluria, calculi in the urinary tract, salivary calculi, chronic urethritis, burning and painful micturition, cardiac oedema, and renal colic.

Stonone corrects the crystalloid-colloid balance and disintegrates gravel or calculi. Composed of natural mineral salts, Stonone causes relaxation of smooth muscles and marked diuretic activity without pain and spasm. Its vegetative



ingredients do not produce any toxic action when given over prolonged periods.

No adverse side-effects have been reported.

DIRECTIONS FOR USE :

Adults : 1-2 tablets thrice a day with fresh water. In acute renal colic, 2 tablets every 2 hours.

Children : $\frac{1}{2}$ to 1 tablet twice a day.

Diet : Do not use radish and tomato. Coconut water, barley water, barley bread, decoction of kulthi (*Dolichos biflorus*) with lemon juice, seeds of cucumber, musk melon and water melon are useful.

PACKINGS :

Strips of 10 tablets each and bottles of 30, 100, and 500 tablets.

CLINICAL TRIALS :

I am fully confident that, in case of kidney stones and urinary calculi, when all other medicines fail, Stonone gives good success. A number of patients admitted in the hospital for surgical treatment got wonderful relief from Stonone ; no operation was needed.

(Sd.) Dr. R.K. Kapoor, M.S.

Senior Surgeon

Bokaro Steel Plant Hospital, Dhanbad

Dated : 3-3-77



SWADIST CHURAN

Presentation — Powder

A palatable, taste-improving, and digestive powder.

COMPOSITION :

<i>Cinnamomum zeylanicum</i> (Dalchini)—Stem bark	5.00%
Rock salt (Saindha namak)	20.00%
<i>Piper longum</i> (Pippali)—Dried fruit	10.00%
<i>Ferula foetida</i> (Hingu)—Gum resin	3.00%
<i>Pimpinella anisum</i> (Badian)—Fruit	10.00%
<i>Cuminum cyminum</i> (Jira)—Fruit	12.00%
Cane sugar (Sharkara)	30.00%
Tartaric acid	10.00%

INDICATIONS :

Loss of appetite, bad taste, nausea, vomiting and giddiness during travelling, constipation, dyspepsia, flatulence, abdominal colic, hill sickness.

DIRECTIONS FOR USE :

1-2 gm of the Churan to be licked 2-3 times a day as needed.

PACKINGS :

Bottles of 50 gm, 100 gm, and 1 kg.



TASKINE KALPA POWDER

A tried, tested, successful, safe and reliable remedy for most of the diseases of the children. It keeps the children healthy.

COMPOSITION :

Pearl pulverised (Moti pishti)	5.00%
<i>Pinus succinifera</i> (Amber)—Resin	5.00%
Ophite stone pulverised (Jaharmora khatai pishti)	10.00%
<i>Elettaria cardamomum</i> (Sukshma ela)—Seeds	15.00%
<i>Santalum album</i> (Safed chandan)—Wood	10.00%
<i>Acacia catechu</i> —the resinous extract catechu (Kattha)	10.00%
Coral pulverised (Praval pishti)	5.00%
Silicates of lime pulverised (Sangeshva pishti)	10.00%
Agate calcined (Akik pishti)	5.00%
<i>Xanthus pyrum</i> (Shankha bhasma)—Conch shell ash	5.00%
<i>Lodoicea maldivica</i> (Daryai nariyal)—Fruit	10.00%
Camphor (K Kapoor Bhimseni)	10.00%

INDICATIONS :

Indigestion, bile disorders, beriberi, vomiting, gripes, diarrhoea, excessive salivation, flatulence, teething troubles, haemorrhages, and blisters in the mouth.

Taskine Kalpa Powder is specially useful for diseases of the children and for keeping the children healthy.

DIRECTIONS FOR USE :

0.50 gm to 2 gm of the powder to be taken twice a day with water, fruit juice, milk or coconut water.

For blisters in the mouth, apply dry powder.

PACKINGS :

Bottles of 10 gm and 50 gm.



VASANT KUSUMAKAR RAS

Presentation — Powder

A tried and tested famous nervine tonic of Ayurveda made up of precious minerals and well known for its efficacy.

COMPOSITION :

Pearls calcined (Mukta bhasma)	12.50%
Red coral pulverised (Praval pishti)	12.50%
Makardhwaja—see “Ras Tarangini”	12.50%
Mica calcined (Abhtrak bhasma—100 puti)	
—see appendix	12.50%
Tin calcined (Bang bhasma)	6.50%
Lead calcined (Nag bhasma)	6.50%
Iron calcined (Loh bhasma)	6.50%
Argentum calcined (Rajat bhasma)	6.50%
Aurum calcined (Swarna bhasma)	6.50%
<i>Crocus sativus</i> (Keshara)—Dried stigmas and tops of the styles	6.50%
Castoreum (Jund badastar)	6.50%
Ambergris (Amber)	4.50%

Processed in the decoctions and juices of:—

Adhatoda vasica (Vasa)—Whole plant
Curcuma longa (Haridra)—Rhizome
Nelumbo nucifera (Kamal)—Flower
 Cow's milk
Musa paradisiaca (Kadali)—Stem and flower
Santalum album (Chandan safed)—Wood
 Sugar-cane
Asparagus racemosus (Shatavari)—Root

INDICATIONS :

Psycho-somatic debility persisting in different chronic



morbid states, urinary disorders, diabetes mellitus, insomnia, neurasthenia, schizophrenia, liver and kidney disorders, heart and lung disorders, and low blood pressure.

Vasant Kusumakar Ras is commonly prescribed for overcoming chronic constitutional debility of mind and body. It tones up liver and kidney, improves stamina, helps proper circulation of blood, energises nerves, and maintains good health. It is a boon to low blood pressure patients. Vasant Kusumakar Ras is an effective remedy against wasting diseases and for keeping up vitality, specially in old age.

DIRECTIONS FOR USE :

Two milligrams of the powder to be taken with butter, cream, or honey, followed by a cup of warm milk or fruit juice morning and evening for 90 days.

For quick relief use Yogi Rasayan (q.v.) and Yogi Amalaki Rasayan (q.v.) alongwith Vasant Kusumakar Ras.

Avoid chillies, pickles, strong spices, and oily preparations in food.

PACKINGS :

Bottles of 1 gm, 5 gm, 10 gm, and 20 gm. Keep the bottle closed to avoid the loss of Castoreum.



VEETAPLEX

Presentation — Tablets (each tablet 330 mg.)

An Ayurvedic boon for health and energy during convalescence and old age.

COMPOSITION :

Castoreum (Jund badastar)	2.50%
<i>Crocus sativas</i> (Keshara)—Dried stigmas and tops of the styles	0.50%
Makardhwaja—see “Ras Tarangini”	2.50%
Mica calcined (Abhrak bhasma)	2.50%
Tin calcined (Bang bhasma)	5.50%
<i>Strychnos nux vomica</i> (Shuddh kuchala)—Fruit purified by special Ayurvedic processes	2.50%
Camphor (Kapoore Bhimseni)	2.50%
Pyrites of copper and iron (Swarna makshik) Bhasma	5.00%
Iron calcined (Loh bhasma)	10.00%
Asphaltum (Sun-dried and purified Shilajit sattva processed through “Shalsaradi gan”—q.v.)	10.00%
Ashtavarga—see appendix	7.50%
Triphala—see appendix	9.00%
Chaturjatak—see appendix	10.00%
<i>Commiphora mukul</i> (Shuddh Guggulu)—Purified Gum Resin	3.00%
<i>Aconitum heterophyllum</i> (Atis karvi)—Root	2.50%
<i>Adhatoda vasica</i> (Vasa)—Whole plant	5.00%
<i>Orchis mascula</i> (Salabmisri)—Tubers	2.50%
Barley kshar (Yava kshar)	2.50%
<i>Malva parviflora</i> seeds (Panirak, Tukhme Hayat)	4.50%
<i>Pistacia lentiscus</i> (Rumi mastiki)—Resin	10.00%

Processed through the decoctions and juices of :—

Jeevaneeya Gan—see “Sharangdhar Samhita”

Aloe barbadensis (Ghrit kumari)—Pulp



Emblica officinalis (Dhatriphala)—Fruit juice

Solanum nigrum (Kakmachi)—Whole plant

INDICATIONS :

Cardiac disorders ; neurasthenia ; sexual disorders, such as premature ejaculation, low retentive power, mild impotency, nocturnal emissions, spermatorrhoea, frigidity, leucorrhoea, dysmenorrhoea ; anaemias ; diabetes ; gastro-intestinal disorders ; renal and visceral disorders ; lumbago.

Having in its composition the extracts of special herbs, natural vitamins, iron, calcium and phosphorus, Veetaplex makes good the loss of spent up energy and acts as a preventive against coming diseases.

Veetaplex is an ideal tonic for vitality. It is specially useful for keeping lactating and expectant mothers healthy.

DIRECTIONS FOR USE :

1-2 tablets to be taken morning and evening with water, fruit juice or milk for 8-12 weeks.

Dosage may be increased in winter and according to the seriousness of the disease.

There are no adverse side-effects.

Avoid chillies, coffee, spicy and oily preparations in food.

PACKINGS :

Strips of 10 tablets each and bottles of 30, 100, and 500 tablets.

CLINICAL TRIALS :

The use of Veetaplex tablets in cases of general debility and prostate enlargement has given me excellent results.

(Sd.) Dr. V.K. Seth, M.D.

All India Institute of Medical Sciences, New Delhi

Dated : 14-12-78



YOGI AYURVEDIC CHAY

Presentation — A Tea-like Powder

A harmless, invigorating and refreshing family drink prepared from Ayurvedic herbs.

COMPOSITION

Ashtavarga—see appendix	5.00%
<i>Cinnamomum zeylanicum</i> (Dalchini)—Stem bark	5.50%
<i>Withania somnifera</i> (Ashwagandha)—Root	5.00%
<i>Pimpinella anisum</i> (Saonf)—Fruit	5.50%
<i>Glycyrrhiza glabra</i> (Madhuyashti)—Root	5.00%
<i>Elettaria cardamomum</i> (Ela)—Seeds	5.50%
<i>Cymbopogon schoenanthus</i> (Agya ghas)—Whole plant	5.50%
<i>Viola odorata</i> flowers (Gulbanafsha)	6.50%
<i>Terminalia arjuna</i> bark (Hrideshwar twak)	5.50%
<i>Illicium anisatum</i> (Badian-i-khatai)—Dried fruit	6.50%
<i>Cyperus rotundus</i> (Mustak)—Tubers	5.50%
<i>Syzygium aromaticum</i> (Lavanga)—Dried flower buds	3.00%
<i>Cinnamomum tamala</i> leaves (Tamala patra)	5.50%
<i>Amomum subulatum</i> (Bari elachi)—Fruit	5.50%
<i>Majorana hortensis</i> (Marva)—leavss	5.50%
<i>Santalum album</i> (Safed chandan)—Wood	2.75%
<i>Pterocarpus santalinus</i> (Rakta chandan)—Wood	2.75%
<i>Camella sinensis</i> (Harit chay)—Leaves	5.50%
<i>Heliotropium strigosum</i> (Gorakhpan)—Whole plant	2.00%
<i>Valeriana wallichii</i> root (Tagar ganth)	4.50%
<i>Centella asiatica</i> (Brahmi)—Whole plant	2.00%

INDICATIONS :

Fatigue, dyspepsia, common cold, influenza, mild pyrexia, cough, flatulence, headache, constipation, and sluggishness.



DIRECTIONS FOR USE :

Put 10 gm of Yogi Ayurvedic Chay in 1 kg of boiling water. Mix milk and sugar to taste.

There are no adverse side-effects and this Chay can be safely taken as many times as required.

PACKINGS :

Cartons of 100 gm and 200 gm.



YOGI RASAYAN

Presentation — Avaleh, an Ayurvedic preparation of jam-like consistency

An ideal alround tonic, specially nervine, for the health of the family.

COMPOSITION :

<i>Centella asiatica</i> (Brahmi)—Whole plant	5.50%
<i>Terminalia chebula</i> (Haritaki)—Fruit wall	5.50%
<i>Emblica officinalis</i> (Amla)—Fruit excluding seeds	10.50%
Pure clarified butter (Shuddh ghrita)	5.00%
Ashtavarga—see appendix	4.00%
Dashmool—see appendix	5.00%
<i>Saussurea lappa</i> (Kushtha)—Root	1.00%
Pure honey (Shuddh madhu)	4.00%
Tin calcined (Bang bhasma)	0.50%
Pearl pulverised (Mukta pishti)	0.50%
<i>Crocus sativus</i> (Keshara)—Dried stigmas and tops of the styles	0.50%
<i>Rauwolfia serpentina</i> (Sarpagandha)—Root	2.50%
Chaturjatak—see appendix	2.50%
<i>Piper longum</i> (Pippali)—Dried fruit	2.50%
Bamboo manna (Vanshlochan)	3.50%
<i>Orchis mascula</i> (Salabmisri)—Tubers	1.50%
<i>Asparagus adscendens</i> (Musli safed)	1.50%
<i>Santalum album</i> (Safed chandan)—Wood	0.75%
<i>Pterocarpus santalinus</i> (Rakta chandan)—Wood	0.75%
<i>Canscora decussata</i> (Shankhapushpi)—Fresh juice of the plant	2.50%
<i>Nardostachys jatamansi</i> (Jatamansi)—Root	2.50%
<i>Acorus calamus</i> (Vacha)—Dried rhizome	1.00%
Iron calcined (Loh bhasma)	0.50%
Sucrose (Sharkara)	36.00%



INDICATIONS :

Nerve weakness, amnesia, insomnia, mental exhaustion, high blood pressure, headache, lactation troubles, lung disorders, gastro-intestinal distress, deficiency of vitamins A, B, C, D, calcium, phosphorus, iron and proteins.

Yogi Rasayan is a general tonic for mental and physical strength. It is specially useful for brain workers, i.e., professors, research workers, students, lawyers, and business executives. It is a source of vitality during old age.

DIRECTIONS FOR OLD AGE :

10 gm of the Rasayan to be taken with milk morning and evening regularly for the whole life.

Avoid spicy and oily preparations.

PACKINGS :

Bottles of 250 gm, 500 gm and 1 kg.

CLINICAL TRIALS :

For a number of years I have been trying Yogi Rasayan on myself, on friends and on other patients. The results are gratifying. For strengthening nerves and for achieving good health it is recommended for the use of every family.

(Sd.) Vaidya Dharma Dutta Ayurveda-vachaspati

Ex-Principal, Ayurvedic College

Gurukul Kangri, Haridwar

Present Address : Kamla Pharmacy, Kankhal, Haridwar

Dated : 1-2-80



YOGI SURMA

Presentation — Micropulverised powder for external use only.

A cure of many diseases of the eye and a check on growth of cataract.

COMPOSITION :

Pearl pulverised	2.50%
<i>Albizza amara</i> seeds (Krishna sirisha beej)	5.50%
Zinc calcined (Yashad bhasma)	10.00%
<i>Boerhaavia diffusa</i> white flowered variety (Shwet punarnava)—Whole plant extract	1.50%
<i>Cassia absus</i> (Chakshusha)—Seeds	5.50%
Galena (Krishnanjan)	65.50%
Camphor (K Kapoor Bhimseni)	7.50%
<i>Thalictrum foliolosum</i> (Mamiri ganth)	2.00%

Prepared in the decoctions and juices of :—

- Rosa indica* (Gulab)—Arka
- Eclipta alba* (Bhringaraja)—Leaf juice
- Musa paradisiaca* (Kadali)—Stem juice
- Triphala—see appendix—Decoction
- Berberis aristata* (Daru haridra)—Arka
- Azadirachta indica* (Neem)—Leaf juice
- Piper cubeba* (Sitalachini)—Arka of fruits called cubebs.

INDICATIONS :

Trachoma, cataract, myopia, other eye diseases.

Yogi Surma cures trachoma, checks formation of cataract, and improves eye-sight.

DIRECTIONS FOR USE :

The Surma should be applied into the eyes with the help of an applicator at bed time and in the morning.

PACKINGS :

Bottles of 1.5 gm and 3 gm.



ADDENDUM

CHYAVANPRASH SILVER BISCUITS

A nutritious and delicious presentation for family, for guests and for social functions. Also a tonic for health and vitality.

COMPOSITION :

Ashtavarga—see appendix	5.16%
Bamboo manna (Vanshlochan)	2.50%
Pure clarified butter (Shuddh Ghrita)	4.00%
<i>Cinnamomum zeylanicum</i> (Dalchini)—Stem bark	0.12%
Dashmool—see appendix	6.30%
<i>Elettaria cardamomum</i> (Sukshma ela)—Seeds	0.70%
<i>Emblica officinalis</i> (Amla)—Fruit	21.15%
<i>Asparagus racemosus</i> (Shatavari)—Root	0.60%
<i>Leptadenia reticulata</i> (Jivanti)—Whole plant	0.60%
<i>Mesua ferrea</i> (Nagkesar)—Flowers	0.12%
<i>Piper longum</i> (Pippali)—Dried fruit	1.20%
<i>Phaseolus trilobus</i> (Mudgaparni)—Leaves	0.60%
Silver calcined (Rajat bhasma)	0.75%
<i>Pistacia integerrima</i> (Kakrasingi)—Galls	0.60%
<i>Sesamum indicum</i> oil (Til tel)	4.00%
Sucrose	30.00%
<i>Vitis vinifera</i> (Draksha)—Dried fruit	0.60%
Wheat flour	21.00%

INDICATIONS and DESCRIPTION :

Chyavanprash Silver Biscuits are quite an innovation in the Indigenous Systems of Medicine. They present the most important ingredients of the famous Ayurvedic tonic Chyavanprash combined with a number of other effective additions into altogether a new formula. They form a palatable



food with all the beneficial and tonic effects of Chyavanprash. Children, adults and old people all alike would find the Chyavanprash Silver Biscuits as the most attractive pieces of confectionery, providing additional energy, health and vitality as well as resistance against and cure for a number of wasting diseases like cold, cough, asthma, consumption, anaemia, loss of memory, old age debility, etc.

Chyavanprash Silver Biscuits help the constructive metabolism of the body by providing necessary vitamins, proteins and mineral salts in the most natural and assimilable form.

PACKINGS :

Boxes of 200 gm and 400 gm.



APPENDIX

Glossary of Technical Terms and References to Formulations

ARKA—Arka is a liquid preparation obtained by distillation of certain liquids or of drugs soaked in water, using the Arkayantra or any convenient modern distillation apparatus.

ASHTAVARGA—It is composed of the following eight ingredients :—

1. *Polygonatum cirrhifolium* Annual (Meda)—Root
2. *Polygonatum cirrhifolium* Perineal (Mahameda)—Root
3. *Lilium polyphyllum* Annual (Kakoli)—Root
4. *Fritillaria roylei* Perineal (Ksirakakoli)—Root
5. *Habenaria intermedia* Annual (Riddhi)—Root
6. *Habenaria intermedia* Perineal (Vridhhi)—Root
7. *Microstylis muscifera* Annual (Jivaka)—Root
8. *Microstylis wallichii* Perineal (Rishabhak)—Root

BALCHATURBHADRA—It is composed of the following four ingredients :—

1. *Cyperus rotundus* (Musta)—Rhizome
2. *Piper longum* (Pippali)—Dried fruit
3. *Aconitum heterophyllum* (Ativisha)—Root
4. *Pistacia integerrima* (Karkatasringi)—Galls

BHASMA—Powder of a substance prepared by calcination according to special Ayurvedic processes.

BHAVANA—This is the process by which powders of drugs are ground to a soft mass with liquid substances and allowed to dry.

CHATURJATAK—It is composed of the following four ingredients :—

1. *Zingiber officinale* (Sonth)—Dried rhizome



2. *Piper nigrum* (Kali mirch)—Dried fruit
3. *Piper longum* (Pippali)—Dried fruit
4. *Piper longum* (Pippali Mool)—Dried root

CHOORNA—The fine sieved powder of well-dried drug or drugs.

DASHMOOL—It is constituted by Laghu Panch Mool and Vrihat Panch Mool.

The ingredients of Laghu Panch Mool are :—

1. *Solanum indicum* (Vrihati)—Root
2. *Solanum xanthocarpum* (Kantakari)—Root
3. *Tribulus terrestris* (Gokshura)—Root
4. *Uraria lagopoides* (Prishniparni)—Root
5. *Desmodium gangeticum* (Shalaparni)—Root

The ingredients of Vrihat Panch Mool are :—

1. *Clerodendrum phlomidis* (Arni)—Root
2. *Aegle marmelos* (Bilva)—Root
3. *Oroxylum indicum* (Shyonaka)—Root
4. *Stereospermum suaveolens* (Patala)—Root
5. *Gmelina arborea* (Gambhari)

GANDHAK 'RASAYAN—Sulphur purified in the cow's milk and processed eight times in the juices and decoctions of each of the following drugs :—

1. *Cinnamomum zeylanicum* (Dalchini)—Stem bark
2. *Cinnamomum tamala* (Tejpat)—Leaves
3. *Elettaria cardamomum* (Chhoti elachi)—Seeds
4. *Mesua ferrea* (Nagakesar)—Flowers
5. *Tinospora cordifolia* (Guduchi)—Whole plant
6. *Zingiber officinale* (Adrak)—Rhizome
7. *Eclipta alba* (Bhringaraj)—Whole plant
8. Triphala—see below



JAWAHAR BHASMA—This is the bhasma (see above) of the following five ingredients :—

1. Coral (Praval)
2. Ruby (Yakut)
3. Emerald (Panna, Zamurrad)
4. Jasper (Sange Yashm)
5. Pearl shell (Mukta Shukti)

KSHAR—Kshars are alkaline substances prepared from the ash of drugs. The drug is cut into small pieces and dried well. These pieces are put in an earthen pot and burnt into ash. Water is added to the ash in the ratio of 6 : 1 and mixed well. This is then strained through a piece of cloth twice or thrice till a clear liquid is obtained. The liquid is then put in an iron or earthen vessel and heated over a moderate fire till water evaporates, leaving a salty white substance, the Kshar.

LAGHU PANCH TRIN MOOL—These are the roots of the following five grasses mixed in equal proportions :—

1. *Desmostachya bipinnata* (Kusha)
2. *Vetiveria zizanioides* (Khas)
3. *Saccharum arundinaceum* (Sarkanda)
4. *Saccharum officinarum* (Ganna)
5. *Imperata cylindrica* (Darbha)

PISHTI—Fine powder prepared by triturating the drug with specified liquids and exposing the product to sun or moon light. Pishti is also called “Anagnitapta Bhasma”, or the bhasma prepared without the medium of fire.

SVARASA—The liquid juice of fresh macerated plant material obtained by pressing through a cloth.

SATTVA—It is a water extractable solid substance collected from a drug. The drug is cut into small pieces,



macerated in water and kept overnight. It is then strained through cloth and the solid matter allowed to settle. The supernatant liquid is decanted and the sattva washed by repeating the process adding water and decanted. The sattva so sedimented is allowed to dry and powdered.

TRIKATU—This is composed of the following drugs in equal proportions :—

1. *Zingiber officinale* (Sonth)—Dried rhizome
2. *Piper longum* (Pippali)—Dried fruit
3. *Piper nigrum* (Kali Mirch)—Dried fruit

TRIPHALA—This is composed of the following drugs in equal proportions :—

1. *Terminalia chebula* (Haritaki)—Dried fruit wall
 2. *Terminalia belerica* (Bahera)—Dried fruit wall
 3. *Emblica officinalis* (Amla)—Fruit excluding the seed
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INDEX DISEASE-WISE

ANAEMIA	Livocin, Rog Nashak, Veetaplex, Pure Shilajit Extract.
ANOREXIA	Livocin, Shahi Chooran, Gasantak.
ARTHRITIS	Renone.
BLEEDING PILES	Arshina.
BLEEDING UTERINE	Leucoplex.
BRONCHITIS	Kafsin, Chyavanprash, Yogi Ayurvedic Chay.
CALCULI (Urinary and Gall Bladder)	Stonone.
CATARACT	Yogi Surma.
CHILD CARE	Balamrit, Rog Nashak, Taskine Kalpa, Yogi Rasayan, Babybone.
CIRRHOSIS OF LIVER	Livocin.
COLD	Yogi Ayurvedic Chay.
COLIC, RENAL	Stonone.
COLIC, DYSPEPTIC	Gasantak, Rechni, Shahi Chooran, Shodhit Haritaki.
CONSTIPATION	Rechni, Shodha.
CONVALESCENCE	Shakti Vikas, Veetaplex, Yogi Rasayan.
COUGH	Kafsin, Chyavanprash.
CYSTITIS	Stonone.
DENTAL CARRIES	Akarkaradi Manjan, Dant Shodhak.
DEBILITY (General)	Chyavanprash, Rog Nashak, Veetaplex, Yogi Rasayan, Shakti Vikas, Livocin, Amalaki Rasayan.
DEBILITY (Sexual)	Jaryan, Sexotex, Pure Shilajit Extract, Shakti Vikas.



DIABETES	Shugrol, Rog Nashak, Vasant Kusumakar Ras.
DYSPEPSIA	Gasantak, Shahi Chooran.
EYE CARE	Yogi Surma.
FLATULENCE	See Dyspepsia.
HAEMORRHOIDS	Arshina, Rechni, Livocin.
HAIR CARE	Keshala Powder, Maha Bhringraj Tel.
HEAT STROKE	Sharbat Dil Pasand, Taskine Kalpa.
HECTIC FEVER	Yogi Ayurvedic Chay.
HEPATITIS	Livocin.
HYPERACIDITY	Gasantak, Livocin.
HYPERTENSION	Shakti Vikas, Rog Nashak, Taskine Kalpa.
IMPOTENCE	Sexotex, Yogi Rasayan, Veetaplex, Pure Shilajit Extract, Jaryan.
INDIGESTION	See Dyspepsia.
JAUNDICE	Livocin.
LEUCORRHOEA	Leucoplex, Vasant Kusumakar Ras.
MENSTRUAL DISORDERS	Leucoplex.
MICTURITION (Burning)	Stonone.
MYALGIA	Renone.
NAUSEA	Shahi Chooran, Gasantak, Shodhit Haritaki, Swadisht Chooran.
NEURALGIA and NEURITIS	See Myalgia.
NEURASTHENIA	Yogi Rasayan, Rog Nashak, Shakti Vikas, Vasant Kusumakar Ras, Veetaplex.



NOCTURNAL EMISSIONS	Jaryan, Sexotex.
PILES	See Haemorrhoids.
PREMATURE EJACULATION	Jaryan, Sexotex.
PYORRHOEA	Akarkaradi Manjan, Dant Shodhak.
RHEUMATISM	
(Inflammation of Joints)	See Myalgia.
REJUVENATION & TONIC NEEDS	Yogi Rasayan, Chyavanprash, Amalki Rasayan.
SCIATICA	See Myalgia.
SEMINAL WEAKNESS	Jaryan, Sexotex.
SEXUAL DEBILITY	Jaryan, Sexotex.
SKIN DISEASES	Skino, Shodha, Rog Nashak.
SPERMATORRHOEA	Jaryan, Sexotex.
TRACHOMA	Yogi Surma.
URETHRITIS	Stonone.
VAGINITIS	Leucoplex.
WATER BRASH	See Hyperacidity.

NOTE:—For more detailed information, please contact or write to our Medical Service Department.

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